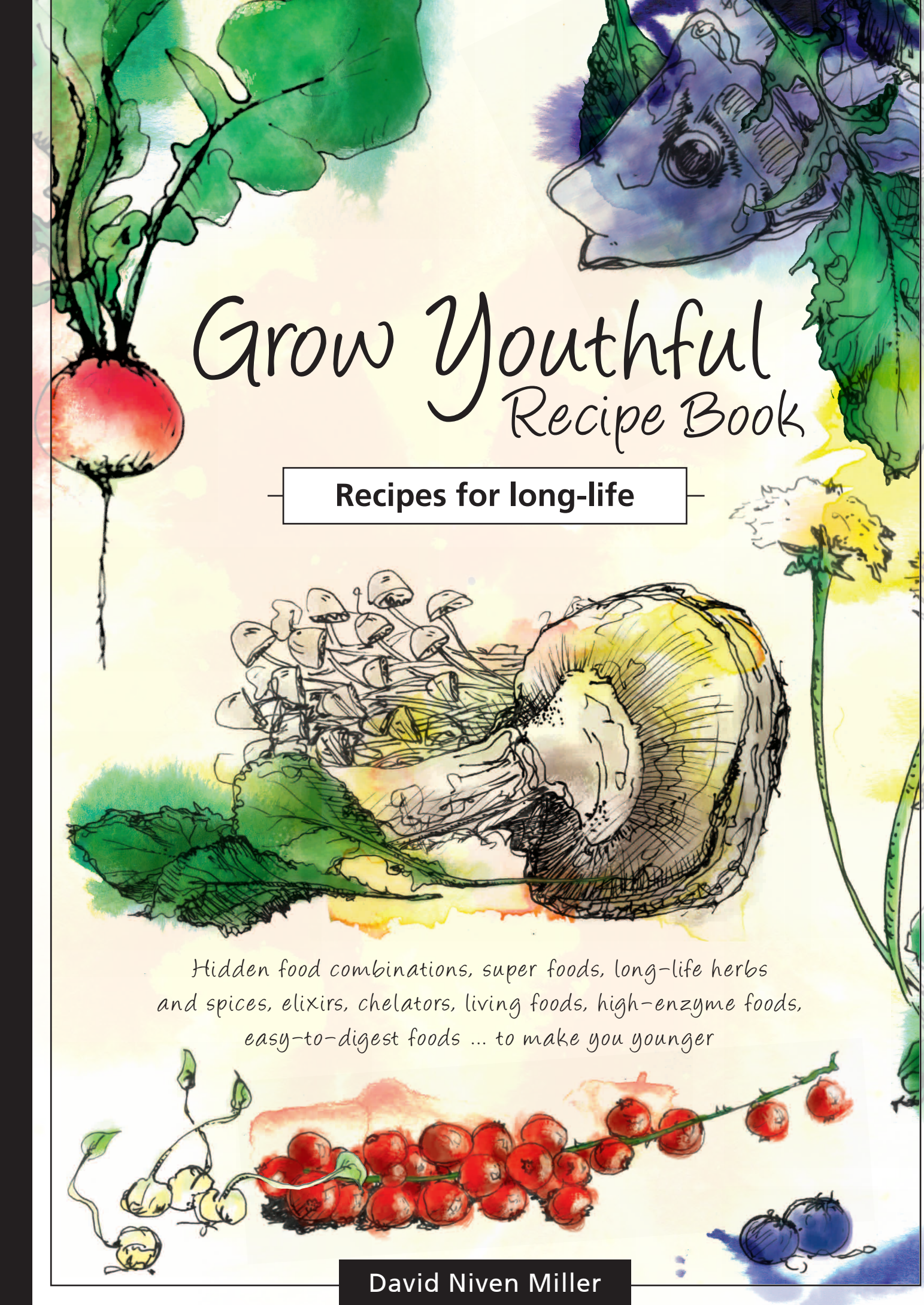




Grow Youthful Recipe Book

Recipes for long-life

*Hidden food combinations, super foods, long-life herbs
and spices, elixirs, chelators, living foods, high-enzyme foods,
easy-to-digest foods ... to make you younger*



David Niven Miller

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Grow Youthful

Recipes For Long Life

Written and Published by David Niven Miller

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This book is ONLY available from:

www.growyouthful.com

David Niven Miller, MA is the author of the worldwide best-seller, *Grow Youthful, A Practical Guide to Slowing Your Aging*. David's passion and hobby is food, though his book shows he has an encyclopaedic knowledge of aging in our society. He now works full-time researching what really works in health and aging. David has lived in several countries and is currently residing in Perth, West Australia.

Do you really want this book to work for you?

Plan a few days ahead

The secret for success with long-life foods is having the ingredients ready in advance. These recipes are simple, quick and easy to prepare. However, they do need you to plan ahead. If you regularly make a stock, sauces and ferments each week, you'll have the key ingredients for your long-life diet ready and waiting.

Make your own

Do not buy stocks, sauces, dressings or mayonnaises from the supermarket. The ones you make yourself will give you health and long life, the factory-made ones will make you sick and old. Once you know how to do it, it only takes a few minutes (or less). It also costs a fraction of the price of the fake foods.

Visit www.growyouthful.com

Test your **body type**. Your results are used to suggest which recipes in this book are the most suitable for your health and aging.

Test your **biological age**. Grow Youthful had the first ever online biological age test in 2003. In 2014 it still has the top Google ranking.

Tips on much of the most interesting and recent research on aging and health.

Sources of kefir and kombucha starters.

Ailments & Remedies. Natural remedies, and your votes on which of them really work.

Stocks - the secret ingredient

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The secret ingredient Fish stock

Stocks and sauces are what make many dishes absolutely yummy. It is worth putting the time and effort into always having a good stock in your kitchen or refrigerator; you will also get a reputation as an outstanding cook. Properly-made stocks are one of the secrets of long-life food.

The traditional French kitchen ALWAYS has a pot with bones, wine and herbs slowly simmering. The Japanese make a stock called dashi from seaweed and smoked dried bonito fish. Chicken stock soup is legendary for its healing properties. Every traditional cuisine uses stocks made from meat, fish and birds, using the bones, feet, horns and heads. A hundred years ago these parts were valued. Today, we throw away some of the richest sources of nutrients. A traditional stock contains hydrophilic colloids, hard-to-get minerals and natural gelatine. It makes your food much more digestible, is deeply nourishing, and adds to your health and longevity.

Stocks will keep for a few days in a sealed container in your refrigerator. A neat idea is to freeze them in ice cube trays and transfer them to labelled zip lock bags for long-term storage in your freezer.

PS – please avoid store-bought jars, powders and cans of “stocks” and flavourings. They are absolutely nothing like the real thing, especially for your health and longevity.

2 kg of white fish carcasses with heads

2 tablespoons butter

2 medium onions, chopped

1 leek, sliced

1 carrot, sliced

Herb bouquet (10 fresh parsley sprigs, 1 fresh thyme sprig and 2 bay leaves tied with string)

10 black peppercorns

3 litres (3 quarts) cold filtered water

1 cup of good dry white wine

4 tablespoons lemon juice OR wine vinegar

Rinse the fish carcasses until the water runs clear.

Put the butter in a large stockpot and gently fry the fish carcasses until they are partially sealed. This gives a fuller flavour, and stops the strong smells that can stink out your house.

Add the onion, leek, carrot, herbs and peppercorns and fry for a few more minutes.

Add the water, wine and vinegar/lemon juice.

Bring to the boil, skimming to remove any scum that floats to the top (scum makes the stock go cloudy and is not good for the flavour). Reduce the heat and simmer for 3 – 12 hours.

Let it cool, then strain through a sieve.

Notes:

If you have a friend who goes fishing, ask him/her for the carcasses, because often they are just thrown away. It's a similar story when you buy fish from a fishmonger – they will usually give you for free the carcasses of the fish fillets that you have just bought.

Use white, non-oily fish like snapper, cod, sole, turbot or rockfish. Avoid oily fish such as salmon, mackerel, tuna and sardines, because their unstable unsaturated fish oils tend to go rancid during long periods of cooking. Fish stock does not need the hours of simmering that other stocks require; however the longer you can simmer a fish stock the more nutritious it will be.

Seafood stock

Substitute prawn/lobster/crayfish/shrimp shells and heads for some or all of the fish carcasses in the above Fish stock recipe. The shells and heads must be fresh – if they smell the least bit “off” don’t use them.

For an oriental flavour, add a tablespoon of chopped ginger and 4 medium cloves of garlic, peeled and chopped.

Simmer in a covered pot for 4 – 24 hours. The extra simmer time will extract more nutrients from the shells and other ingredients.

Dashi

Dashi is a traditional Japanese fish and seaweed stock, and is the key ingredient in many Japanese dishes.

1 litre (1 quart) cold filtered water

20 g (0.7 oz) Kelp (kombu)

20 g (0.7 oz) dried and smoked Bonito flakes. Bonito is a dried fish available at any Japanese store

4 tablespoons cold water

Soak the kelp in the water in a saucepan for 2–5 hours. Too short a time, and the nutrients are not properly drawn from the seaweed. Too long, and the kelp becomes bitter.

Put the saucepan on high heat. Just before the water boils remove the kelp. Boil the water for one more minute, turn the heat off, and add the 4 tablespoons of cold water to cool it quickly.

Add the bonito flakes, and leave them to soak for 15 minutes. The flakes should sink to the bottom.

Let it cool, then line a sieve with a muslin cloth and strain the dashi through it. Do not wring out the cloth or you will make the clear stock cloudy.

Chicken stock

A whole free-range chicken, or 1–1.5 kg (2–3 lbs) of bony chicken parts, including gizzard, feet and head if available. Other birds (duck, goose etc) may be substituted.

2 medium onions, chopped

1 medium carrot, chopped

3 celery sticks, chopped

Herb bouquet (10 fresh parsley sprigs, 1 fresh thyme sprig and 2 bay leaves tied with string)

3.5 litres (3.5 quarts) of cold filtered water

3 tablespoons lemon juice OR vinegar

If you have a whole chicken, cut it into many pieces using a heavy chopping knife. Cut through or break the heavier bones, to let the stock draw their minerals more easily.

Put everything except the herbs in a pot, and let it stand for 30–60 minutes. Bring to a rolling boil, and skim off the scum. Reduce the heat, cover, and let it simmer slowly for 6 to 24 hours. The longer you cook it, the thicker and richer it will be. Add the herbs about 15 minutes before you finish cooking.

Remove the chicken pieces with a slotted spoon. You can use the cooked meat in salads and sandwiches. Strain the stock through a fine sieve into a bowl. Let it cool and skim off the valuable fat which you can keep for use with other dishes. Goose and duck fat is especially prized, and gives a delicious flavour to roasted meats and vegetables. Poultry fat can be used for all cooking, baking and frying.

Store the stock in sealed glass containers in your refrigerator, or plastic containers in the freezer.

If you can get chicken feet they are especially nutritious, being rich in gelatine and making the soup very nourishing. Chickens with heads and feet can be found in oriental markets, though they may not be free-ranging.

Beef stock

2 kg of varied meaty bones (lamb/mutton, pork or venison may be substituted). Horns/antlers, trotters/feet are rich in gelatine and other nutrients.

4 tablespoons lemon juice OR vinegar

3 litres (3 quarts) cold filtered water

3 medium onions, chopped

3 celery sticks, chopped

3 medium carrots, chopped

1 cup of dry red wine

Herb bouquet (1 handful of fresh thyme and 3 bay leaves tied with string)

10 black peppercorns

Bunch of parsley

Put the bones, vinegar and water in a pot and let them stand for an hour. While the pot is standing, brown any meaty bits in a pan. Remove them when they are well browned. Pour the fat out of the pan, which you can keep for use with other dishes. Add a little water to the pan and stir it over high heat with a wooden spoon to loosen the coagulated juices.

Add all the remaining ingredients to the pot, except the herbs, pepper and parsley. Turn up the heat and bring it to a rolling boil. Skim off the scum that rises to the top, to improve the flavour of the stock and make it clearer.

Turn down the heat, add the herb bouquet and peppers. Cover, and leave to simmer for at least half a day, and as long as two or even three days. 15 minutes before finishing cooking, add the parsley.

You'll now have a repulsive-looking brew that may not even smell delicious. Don't despair! Let it cool, and skim off the valuable fat which you can keep for use with other dishes. Pull any meat off the bones and use it. Strain what remains through a fine sieve into a bowl. Do not squeeze or force it through the sieve or it will go cloudy. Store this stock in sealed containers in your refrigerator or freezer.

Vegetarian stock

- 1 tablespoon olive oil
- 1 large onion, chopped
- 6 garlic cloves, peeled and crushed
- 2 large carrots, chopped
- 3 celery stalks, chopped, plus a few leaves
- 1 bunch scallions (both white and green parts) or 1 large leek, sliced
- 3 dried shiitake mushrooms, soaked for at least 2 hours
- 6 thyme sprigs
- 2 bay leaves
- 2 whole black peppercorns (or six green peppercorns)
- 2 litres (2 quarts) filtered water (or water saved after boiling other vegetables)
- 4 tablespoons lemon juice OR vinegar
- 3 g (0.1 oz) of seaweed (kelp, arame, hiziki or dulse). Slice/cut finely with scissors. Preferably use seaweed, but if not, add 1 teaspoon gelatine dissolved in cold water
- 1 teaspoon tamari (or non-sweet soy sauce)
- 8 parsley sprigs

Heat the oil in the pot, fry the onion on medium heat until the first browning occurs. Add the garlic, fry for ten seconds (garlic burns very easily). Add the remaining vegetables and herbs (except parsley) and keep stirring for a few more minutes.

Add the water, lemon juice/vinegar, seaweed and tamari, turn up the heat until boiling. Then turn it down, put on a lid, and simmer for 30 minutes. Add the parsley and simmer for another 15 minutes.

When it has cooled strain it through a fine sieve into a bowl, then store in sealed containers in your refrigerator or freezer.

Notes:

Vegetable stock adds to the nutrition and flavour in those recipes where you don't want to use an animal-based stock. This basic recipe is really just a guideline. You can add many other vegetables – a lone parsnip or tomato sitting in your fridge, cleaned skins of vegetables, the potato skins from your mashed potatoes – and if you don't have any of the ingredients listed here, just substitute something else. However, avoid vegetables from the cruciferous family – broccoli, cabbage, cauliflower or Brussels sprouts – they don't give a good flavour to the stock.

Use dried shiitake mushrooms – soak them for a couple of hours. If they are organic use the soak-water in this recipe, otherwise discard the soak-water. Adding mushrooms to the stock will enhance dishes which contain mushrooms.

Sumptuous sauces, pates, dips, dressings

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Sauce secrets

Tasting. What is one of the great secrets of being a good cook? Tasting, testing, and tasting. Always use a tasting spoon. Start with too little salt, herbs, vinegar, lemon juice. You can always add more, but it's quite difficult to remove the salt if you've added too much.

Flavour balance. One trait of a good sauce is that you don't quite know what's in it. The ingredients blend and combine so well that no individual flavour stands out. A good example of such a sauce is French Sunflower Dressing (page 24).

Preserving alive. How to keep your sauces, pates and dips alive. Add a couple of tablespoons of whey (page 131) to any recipe after it has cooled (it must be tepid or cold or you will destroy the microorganisms in the whey). Keep it covered or sealed, but not so tightly that gas cannot escape. The food becomes a natural pro-biotic, and sometimes tends to bubble slightly. Instead of going "off", it will develop appetising flavours and smells, and last several times as long as it normally would. As the days go by, its flavours should get stronger and more acidic.

Notice how many sources combine fats and acids. Butter, oil or a fatty fruit (olive, avocado) mix with an acid like vinegar, lemon juice or dry wine to make a sauce that is good for your digestion. Add some probiotic bacteria, and the digestive effect is even stronger.

Sauces

Anchovy butter

This butter goes particularly well with cruciferous vegetables like steamed cabbage or Brussels sprouts.

1 cup butter, warmed to melt

2 tablespoons finely chopped anchovies

2 cloves garlic

1 sprig fresh rosemary

Pinch of cayenne pepper, to taste

Blend until smooth.

Store in the refrigerator in a sealed container. It will keep for weeks.

Fish sauce

One of the key ingredients in Thai cooking. A rich source of nutrients, especially iodine, B12 and thyroid components.

½ kg (1 lb) very fresh small whole fish (whitebait, anchovy, small sardines etc)

3 tablespoons sea salt

2 cups filtered water

2 cloves of garlic, peeled and crushed

3 bay leaves

1 tablespoon green peppercorns

2 tablespoons chopped lemon rind

1 tablespoon tamarind paste (optional)

2 tablespoons whey (page 131)

Rinse the fish in fresh water, rub in the salt, and pack them tightly in a large jar that has a lid you can seal. Mix the remaining ingredients and pour them over the fish. Add enough water to cover the fish. Ensure there is an air gap of at least 2 cm (1") at the top of the jar. Cover and leave at room temperature for 3–4 days. If you open the jar it will smell bad enough to singe your eyebrows. Stand in your refrigerator for a month. Strain the liquid through a fine sieve or a sieve lined with a cloth and store in the refrigerator.

Notes:

Fish sauce has a potent smell and flavour, especially while it is fermenting. On its own it tastes bad, but a small quantity added to a dish gives that secret touch.

If all this seems too much, you can **buy fish sauce** at Asian supply stores. Unfortunately most of them are inferior to the home-made version above, being made in large processing plants with a variety of added chemicals (particularly MSG and sugars). The best fish sauce is a clear red-brown colour and has no sediment (not dark or muddy brown). It has a pleasant aroma of the sea, and is not overly salty. The best brands I have found are *Tra Chang* and *Golden Boy*. *Squid* and *King Crab* brands are also acceptable.

Horseradish sauce

¼ cup fresh minced horseradish

¼ cup sour cream

Mix with a fork

Notes:

Great with roast beef.

Use a full-fat real cream – it tastes so much better and is a nutritious food. Horseradish is a warming herb and good for your skin.

Japanese sour sauce

1 tablespoon kuzu

1 tablespoon umeboshi paste

2 scallions, minced

Dissolve the kuzu in a cup of cold water. Heat it very gently until it thickens. Keep stirring. Stir in the Umeboshi and scallions.

Notes:

This sauce goes particularly well with cooked vegetables.

Fry the scallions first for a sweeter, more subtle sauce.

Mushroom, Brussels sprouts & cheese sauce

Don't like Brussels sprouts? This sauce will change that – it's one of those recipes where the ingredients blend so well that the individual flavours are lost. Important too, with Brussels sprouts being a nutrient-dense, protective vegetable.

6 serves, with pasta

10 large Brussels sprouts, outer leaves removed

1 large onion, finely sliced

1 packed cup of chopped mushrooms

¼ teaspoon fish sauce (page 11) or sea salt

¼ cup butter

1 teaspoon dill, dried

1 teaspoon tarragon, dried

½ teaspoon mustard powder

½ teaspoon freshly ground black pepper

1 tablespoon arrowroot (or wholemeal flour if arrowroot is not available)

1 teaspoon finely chopped horseradish (or horseradish sauce on page 11)

1 cup of grated cheese (cheddar or a strong cheese)

Cut the Brussels sprouts into quarters and steam them for 10–15 minutes.

Fry the onions, mushrooms and salt in the butter, until the onions are soft and mushrooms are wilted and reduced. Stir in the dill, tarragon, mustard and pepper.

Mix the arrowroot with a little cold water to remove lumps and stir in. Slowly add hot water to make a thick sauce.

Stir in the horseradish, the cooked Brussels, and the cheese. Cover, and slowly simmer for 10 minutes. Stir and set aside while you cook your pasta.

Pesto

Makes 1 cup

1 cup packed basil leaves and buds (the buds have the most flavour)

¼ cup pine nuts

¼ cup grated quality Parmesan or Romano cheese

¼ cup extra virgin olive oil

1–2 small cloves garlic, peeled

½ teaspoon sea salt

Put the basil leaves in a food processor and pulse until chopped. Add the remaining ingredients, but not all of the olive oil. Run the processor, and slowly add sufficient olive oil to make a thick paste.

Notes:

Variations. Use cilantro (coriander) leaves instead of basil. Try adding small quantities of other fresh herbs such as sage, oregano or marjoram.

Pesto oxidises (goes brown on the surface) within an hour if left exposed to the air. Oxidation means a loss of its life-giving properties. So pack it into small containers full to the brim, and seal them tightly. Add 2 tablespoons lemon juice or whey (page 131) to slow the oxidation. Pesto will normally keep for several days in the refrigerator, but adding whey will turn it into a living food that will keep for a several weeks. Pesto can also be frozen.

Pesto is traditionally used with pasta, but I love it with a wide variety of other dishes, as a dip on bread, or spread on corn on the cob.

Pesto, tomato

Use the Pesto recipe above, but instead of using two packed cups of basil leaves, replace them with:

1 packed cup of basil leaves

1 cup of drained sun-dried tomatoes in olive oil

Note:

Tomato pesto can be served as a dip, or tossed through pasta.

Pesto, mint

½ cup chopped fresh mint leaves

½ cup pecans (can also use walnuts)

Juice of ½ medium lemon

3 cloves of garlic, peeled

2 tablespoons extra virgin olive oil

¼ teaspoon sea salt

Finely chop the nuts in a food processor. Add the remaining ingredients, but only half the olive oil. Run the processor, and continue to add olive oil to make a thick paste.

Notes:

This pesto works well as a salad dressing, tossed with silvered vegetables, or as a spread on sliced zucchini.

Pesto, spinach

A rich green dressing high in folate and many nutrients.

1 cup pine nuts/sunflower seeds, soaked 7 hours and drained

1 packed cup of torn spinach

1 packed cup of chopped parsley

½ packed cup basil leaves and buds (the buds have the most flavour)

1 clove garlic, peeled

2 tablespoons extra virgin olive oil

½ teaspoon tamari (or non-sweet soy sauce)

¼ teaspoon fenugreek powder

¼ teaspoon sea salt

Combine all the ingredients in a blender. Gradually add a few teaspoons of cold water to achieve a thick consistency.

Salsa

3 ripe tomatoes, diced

½ cup finely chopped cilantro

1 red onion, peeled and finely chopped

1 cup red chile peppers, or ½ cup green/jalapeno chile peppers, sliced

2 cloves garlic, peeled and finely sliced

Juice of 1 lime and the zest from ¼ of its skin

½ teaspoon sea salt

Pinch freshly ground black pepper

Mix the ingredients together, and leave in refrigerator for one hour to let the flavours infuse. Will keep for two days in the refrigerator, or longer with the addition of 2 tablespoons of whey (page 131).

Note:

Use red chile peppers for a sweeter cool salsa, or green or jalapeno chiles for heat.

Sate sauce

2 cm cube of ginger, sliced

1 clove of garlic, peeled

1 small chile, sliced (or less for a cooler sauce)

1 black peppercorn, crushed

1 tablespoon coconut oil

1 onion, finely sliced

¼ cup peanut butter (best quality, no additives)

1 tablespoon lemon juice

½ teaspoon wine or rice vinegar

½ cup of hot water

Pound the ginger, garlic, chile and pepper in a pestle and mortar.

Fry the onion on medium heat in coconut oil, until soft and turning golden.

Add the remaining herbs and spices, fry for another 30 seconds. Remove from stove and turn down the heat.

Carefully add a few teaspoons of water to the mix to cool it – beware if the oil is too hot it will spit. Stir in the peanut butter, lemon juice and vinegar.

Put back on low heat and keep stirring, slowly add the remaining water to make a thick sauce. You must keep stirring, peanut butter sticks to the pot and burns within seconds.

Sweet and sour sauce

Convert the above recipe to sweet and sour sauce by adding up to a ¼ cup each of rice syrup and mirin.

Tomato Sauce

3 ripe tomatoes

1 red pepper, seeded and chopped

1 onion, peeled and chopped

½ cup extra virgin olive oil

½ cup chicken or beef stock

¼ teaspoon thyme

¼ teaspoon oregano

¼ teaspoon sea salt

Pinch white pepper

Blend the tomatoes, red pepper and onion in a food processor. Place in a pot with the other ingredients on high heat. When it starts to boil turn it down, stir and simmer for 10 minutes.

Optional – after it has cooled add 2 tablespoons whey (page 131) to turn it into a living food that will keep for a many weeks.

Tartar sauce

Always great with fish.

1 cup mayonnaise (page 25)

½ cup sweet/red onion, minced

2 tablespoons small capers

1 tablespoon lemon juice

¼ teaspoon sea salt

¼ teaspoon white pepper powder

Small pinch cayenne pepper

Mix all the ingredients well. Store in the refrigerator, but serve at room temperature.

Vegetarian sour cream

1 cup of sunflower seeds, soaked overnight and rinsed

½ cup chopped cucumber (peeled and seeded)

¼ cup celery juice

1 scallion, chopped

3 tablespoons lemon juice

3 tablespoons whey (page 131)

1 small garlic clove, peeled

¼ teaspoon sea salt

Blend all ingredients to a smooth thick cream. Add a little cold water if necessary.

If there is any fibre, strain through a fine sieve to remove it.

Leave in a cool place or refrigerator for 4–8 hours for flavours to develop. The whey will let it keep for a week or two with the flavour getting stronger yet quite delicious.

Notes:

This sour cream is not suitable for cooking.

It may separate, so stir it every time you use it.

Be sure to remove the seeds from the cucumber, or you will ruin the creamy consistency. You can remove them with a knife, or sieve them after blending.

Make the celery juice in a juicer, or blend and sieve.

Dips/pates/spreads

Carrot dip

1 teaspoon ground coriander

1 teaspoon cumin seeds

1 small onion, chopped

2 small cloves of garlic, peeled and squeezed through a garlic press

1 tablespoon butter, ghee or coconut oil

1 tablespoon finely sliced fresh coriander

¼ kg (½ lb) carrots, peeled and grated

¼ cup kefir or natural yogurt

Lightly dry roast the coriander and cumin seeds for 30 seconds then grind or pound them.

Lightly fry the onion and garlic in a little oil to soften them.

Add the roasted spices and fry for half a minute.

Add the fresh coriander and carrot and cook gently.

Season with a little sea salt and pepper.

Place in a blender together with the yogurt, and make a smooth paste.

Check the seasonings.

Chill before serving.

Add 2 tablespoons of whey (page 131) to turn it into a living food that will keep for a several weeks.

Cauliflower dip

1 large cauliflower, cut into pieces

¼ cup butter or kefir

½ teaspoon paprika powder

Salt and pepper to taste

Parsley, chopped handful to garnish

Boil or steam the cauliflower pieces until just tender. Drain well and cool. Puree in a blender or food processor with the butter or kefir, paprika and salt/pepper.

Eggplant Dip

1 large Grilled eggplant (page 80)

3 medium tomatoes

½ cup olive oil

2-3 cloves garlic

Sprig of fresh dill or parsley

Blend the above ingredients in a food processor. It can be served warm or cold, and used as a dip or an accompaniment with fish or meat dishes.

Chicken liver pate

½ kg (1 lb) chicken livers

1 cup chopped mushrooms

1 red onion, sliced

¼ cup butter or goose / duck fat

½ cup dry white wine or chicken stock (or both!)

1 tablespoon prepared French mustard

1 tablespoon lemon juice or whey (page 131)

1 clove garlic, peeled and squeezed through a garlic press

¼ teaspoon dill, dried

¼ teaspoon rosemary, dried

½ teaspoon sea salt

Melt the butter in a pan and fry the mushrooms, livers and onion. Stir occasionally until they are browned and the mushrooms have reduced – about 10 minutes. Add all remaining ingredients, bring to a boil, and cook until most of the liquid has gone. Let it cool.

Blend until smooth. Place in a container or mould and chill.

Serve with bread, toast or croutons.

Guacamole

(avocado dip)

3 avocados

2 tablespoons lemon juice

1 red pepper, seeded and finely chopped

1 scallion, peeled and finely chopped

1 clove garlic, peeled and squeezed through a garlic press

¼ cup cilantro (coriander), finely sliced

½ teaspoon tamari (or non-sweet soy sauce)

½ teaspoon sea salt

¼ teaspoon black pepper

Small pinch of cayenne pepper

Peel the avocados, place in a bowl with the lemon juice. Mash with a fork. Do not use a food processor – guacamole should be a little lumpy. Stir in the other ingredients.

Notes:

Avocados oxidise in an hour or two once mashed, so make this dish soon before serving.

Serve as a dip with any kind of chips, vegetable sticks or breads (especially flat breads).

Humus

(Hummus, Hoummos or chickpea dip)

1 cup of dry chick peas (garbanzo beans)

¾ to 1 teaspoon sea salt

2 cloves of garlic, peeled

1 tablespoon tamari (or non-sweet soy sauce)

1 tablespoon extra virgin olive oil

Juice of 1 lemon

½ cup tahini

¼ cup of sliced parsley

2 spring onions chopped

½ teaspoon cumin powder

¼ teaspoon black pepper

Pinch of cayenne pepper, adjust to heat required

Soak the chick peas for 8–12 hours, changing the water 2–3 times.

Keep the chick peas damp for a further 1–2 days, rinsing 2–3 times each day. After this time the chick peas should have 2 cm sprouts. Pick out any slimy or discoloured peas.

Cover with cold filtered water, then add the salt and bring to the boil. Scrape off and discard the white scum or foam. Cook the chickpeas until they are very soft (30-60 minutes). Remove the chickpeas from the water, let the water and the chickpeas cool.

Place all the ingredients in a food processor and blend to a smooth paste. Add a little of the cooking water if required. The remaining water makes a vegetable stock which actually sets in the refrigerator.

Taste and correct seasonings.

Chill before serving.

Note:

Add 2 tablespoons whey (page 131) to turn it into a living food that will keep for a several weeks.

Lentil and walnut pate

Makes 2 cups

½ cup brown lentils

Filtered water

1 teaspoon lemon juice (or ¼ teaspoon of apple cider vinegar if you don't have a lemon)

1½ cups walnuts

1 tablespoon extra virgin olive oil

2 red/purple onions, finely sliced

1 clove garlic, peeled, sliced

½ teaspoon raw honey

¼ teaspoon Umeboshi paste

1 tablespoon shiro miso

1 tablespoon dried basil

1 tablespoon whey (page 131)

Pick through the lentils to remove stones and mouldy or discoloured lentils. Wash them in a bowl of water and sieve.

Put the lentils in a pot and cover them with filtered water, and an extra 2 cm/1" of water. Add the lemon juice. Bring to a boil and skim off and discard any foam or scum.

Lower the heat, cover and simmer for 40 minutes. Stir occasionally to prevent burning. Add a little water to thin, remove the lid to thicken. You want to finish with a thick consistency.

Meanwhile, roast the walnuts spread on a tray in an oven at 160C/325F for about 10–15 minutes. Remove them at the slightest sign of browning – walnuts burn easily.

Fry the onions in the olive oil with low heat for 5 minutes. Add the garlic, fry for another 5–10 minutes, until all are soft.

Wait for everything to cool, then put all ingredients in a food processor and blend to a smooth paste.

Liver pate

½ kg (1 lb) liver, chopped into 1 cm (1/4 ") cubes

3 onions, finely chopped

3 large cloves garlic, finely chopped

¼ cup saturated fat (coconut / palm oil, ghee, animal fat)

½ cup mayonnaise (page ~) or sour cream

Optional. For delicious variations, add one or more of these ingredients when blending:

1 raw tomato

1 handful of fresh parsley, basil or dill, or a sprig of thyme, sage or oregano

4 stoned, cooked prunes

1 small red onion (raw)

1 large clove garlic

Fry the onion, stirring frequently until just before it starts to brown. Add the liver and cook well until the liquids have boiled off. Add the garlic, and cook for a few more minutes. Allow to cool. Blend with the mayonnaise / sour cream in a food processor.

Pine nut tang

May be used like pesto, or as a dip

½ cup pine nuts, soaked 7 hours

½ cup sunflower seeds, soaked 7 hours

1 cup filtered water or any fresh vegetable juice

2 tablespoons extra virgin olive oil

1 clove garlic, peeled

2 small scallions, chopped

3 tablespoons lemon juice

1 tablespoon whey (page 131)

2 teaspoons dulse flakes

½ teaspoon fish sauce (page 11) or sea salt

Pinch of Cayenne pepper, to taste

Blend all ingredients to make a smooth dip, add a little more water to make a sauce.

Salmon spread

250 g (½ lb) cooked fresh salmon (smoked salmon is also good)

1 red onion, chopped

1 cup of thick kefir, sour cream or crème Fraiche

2 tablespoons lemon juice (less if the cream is very sour)

1 tablespoon capers

½ teaspoon sea salt (omit if the salmon is already salted)

Dash of cayenne pepper, to taste

Freshly ground black pepper

Blend all ingredients to make a thick spread.

Serve on bread, or as a dip with salad.

Sweet potato dip

1 kg (2 lbs) sweet potatoes, cut into 1 cm/½" slices

1 medium sized red pepper, de-seeded

4 scallions, finely chopped

3 tablespoons extra virgin olive oil

¼ cup fresh coriander, chopped

2 vine-ripened tomatoes, seeded and chopped

1 large clove garlic, peeled

2 tablespoons lemon juice

½ teaspoon freshly ground black pepper

½ teaspoon fish sauce (page 11) or sea salt

Filtered water as required

Rub the sweet potatoes, pepper pieces and scallions in olive oil, and put them on a tray in a 160C/325F oven for an hour or more. They should be quite soft. Discard any burned or hard bits, and peel the skins off the peppers.

Put all the ingredients (including olive oil) in a blender. Add a little water if necessary for the right consistency.

Tsatsiki

5 serves

A refreshing Greek dish served as a dip with bread, or as a side dish, usually to a meal with meat. The acidity helps digestion.

2 medium cucumbers

2 cups Kefir or Greek plain unsweetened yogurt

2 cloves of garlic, peeled and squeezed through a garlic press

1 tablespoon whey (page 131) or lemon juice

2 tablespoons extra virgin olive oil

1 tablespoon finely chopped mint, dill or parsley

½ teaspoon sea salt

Peel, seed and coarsely grate the cucumbers.

Combine all ingredients. Leave to sit for two hours at room temperature, then refrigerate to serve chilled.

Dressings

Salad dressing secrets

When you walk around a supermarket or watch advertisements on TV, you would be excused for thinking that low-fat food is good for you. Nothing could be further from the truth, as the right fats are essential for good health. It is true that we should avoid all factory-made dressings, which usually contain cheap, toxic, polyunsaturated oils and chemicals. But homemade dressings made with extra virgin olive or macadamia oil turn your salad into a delicious and life-enhancing food that everyone wants to eat down to the last leaf.

Basic dressings can be made in a minute, and usually need little more than a bowl and a fork. Once you've done them a few times, you don't need to measure the ingredients, just adjust the taste. Dressings take very little time and effort, and add a great deal of nutrition to your salads.

Basic dressing

1 teaspoon Dijon or French style mustard, or ¼ teaspoon mustard powder

2 tablespoons raw wine vinegar (or balsamic vinegar, but see Note)

½ cup extra virgin olive oil

Using a fork, put about 1 teaspoon of mustard in a bowl. Add the vinegar and mix. Slowly add the olive oil in a thin stream, stirring constantly. Keep stirring until the oil is well mixed or emulsified.

Notes:

Real balsamic vinegar is delicious and healthful, but most sold today is cheap and sugared – see details in the glossary.

The mustard not only adds flavour, but also acts as an emulsifier – stopping the dressing separating. You may still need to whip it with a fork each time you use it.

Garlic dressing

To the Basic Dressing recipe above, add a clove of garlic peeled and squeezed through a garlic press. Let it sit for a few minutes before whisking again.

Herb dressing

To the Basic Dressing recipe above, add 2–3 teaspoons of finely chopped or pounded fresh herbs, such as basil, dill, marjoram, oregano, parsley, tarragon or thyme. Adjust the herbs to taste, and use whatever is available.

If fresh herbs are not available, use dried herbs. Reduce the quantity to ½ to 1 teaspoon. Let the dried herbs sit for a few minutes, whisk again and test the flavour.

Dulse ginger tahini dressing

½ cup dulse, soaked

2 tablespoons apple cider vinegar (or lemon juice)

2 tablespoons tahini

1 teaspoon fresh grated ginger

½ teaspoon cinnamon powder

Blend to a smooth cream.

French sunflower dressing

The ingredients in this sauce/dressing all get lost in each other, creating a delicious new flavour. It's addictive.

½ cup sunflower seeds

½ cup extra virgin olive oil

2 chopped ripe tomatoes

Juice of a large lemon

2 tablespoons tamari (or non-sweet soy sauce)

1 teaspoon raw honey

1 clove of garlic, peeled and chopped

1 teaspoon basil, dried

1 teaspoon oregano, dried

1 teaspoon paprika

Blend to make a thick sauce. Add a little cold water if needed.

Orange tahini dressing

This delicious dressing contains a special combination of spices used in some traditional healing and skin-rejuvenation balms. It only takes a couple of minutes to make.

2 tablespoons tahini

½ teaspoon raw honey

1 teaspoon grated ginger root

1 teaspoon dulse flakes

½ teaspoon turmeric powder

½ teaspoon cinnamon

Pinch cayenne pepper, adjust heat as required

¼ teaspoon sea salt

½ cup freshly squeezed orange juice

Put all the ingredients except the orange juice in a bowl. Blend them together with a fork, ensuring the honey is well mixed. Slowly add the orange juice while stirring.

Mayonnaise

1 egg yolk
1 whole egg
2 tablespoons lemon juice
1 tablespoon whey (page 131) (optional)
¼ teaspoon sea salt
1 cup extra virgin olive oil

Blend all the ingredients except the oil in a food processor. With the motor running, slowly add the oil to achieve a thick creamy consistency. Taste and adjust salt or lemon juice if necessary.

Notes:

For a sweeter mayonnaise, use macadamia oil instead of olive oil. You can also substitute some or all of the olive oil if its flavour is too strong.

If you added the whey to the recipe, leave it to sit at a cool room temperature, well covered, for 6 hours before putting it in your refrigerator.

Will keep for about 2 weeks in the refrigerator, or for several months if whey was added.

Homemade mayonnaise is rich in important nutrients, making your sandwiches, tuna and chicken salads delicious as well as easily digestible. It is completely different to store-bought, pasteurised, dead, bottled mayonnaise.

Mayonnaise – Creole

To the Mayonnaise recipe on the left, add:

1 clove of garlic peeled and squeezed through a garlic press
½ teaspoon thyme, dried
½ teaspoon oregano, dried
½ teaspoon basil, dried
1 teaspoon paprika
¼ teaspoon black pepper powder
¼ teaspoon Tabasco sauce
¼ teaspoon sea salt

Small pinch cayenne pepper, to add heat as required

Add the above ingredients before blending in the oil.

Mayonnaise – herb

To the Mayonnaise recipe on page 25, add a small handful of finely chopped or pounded fresh herbs. Mild and slightly sweeter herbs like dill, tarragon and parsley work the best.

Optionally use a fork to blend in ¼ cup of Creme Fraiche (page 29) to make a traditional French dressing.

Mayonnaise – Indian Curry

To the Mayonnaise recipe on page 25, add:

1 small onion or a shallot, chopped

¼ cup Tomato Sauce (see page 16)

½ cup chicken stock

1 teaspoon raw honey

2 teaspoons freshly grated ginger or 1 teaspoon ginger powder

1–3 tablespoons fresh curry powder, to taste (notice the word fresh)

¼ teaspoon fenugreek

¼ teaspoon ground cloves

Add the above ingredients before blending in the oil.

Note:

To make a magnificent rich sauce add ½ cup thick sour cream. It is ideal to stir into cold pieces of cooked chicken or cooked, boned, non-oily white fish.

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Sauerkraut

2 large cabbages. Reserve 3–4 large leaves – enough to cover the surface of the brewing container

2 large onions

Optionally, other vegetables in season. I have also used hot peppers, carrots, beets, beetroot, radish, onions, garlic, a wide variety of fresh herbs, caraway seeds, curry powder and ginger, all with great success

2 tablespoons sea salt. Use slightly more salt if you are not adding the whey below, less if using whey. The salt helps promote the lactic acid bacteria

1 cup of liquid whey. If whey is not available, use 1 cup of lemon juice or half a cup of vinegar, preferably apple-cider vinegar. White supermarket vinegar is a poor alternative. Liquid whey (page 131) is by far the best starter

2 tablespoons juniper berries (optional)

20 g (0.7 oz) seaweed such as wakame, kelp or dulse (optional)

Shred the cabbage and other vegetables in a food processor.

Put the shredded vegetables in a large container or bucket with the other ingredients. Pound them with a pestle or wooden mallet for 10 minutes – long enough to release the juices.

Press the mash down. Cover it with the reserved leaves or a plate that fits nicely and seals the top. Put a weight on top to press out the liquid. Within a few hours, liquid should cover the top of the shredded mixture (if it did not cover to start with). If there is not enough cabbage juice, add cold filtered water with a little salt and whey/lemon juice/vinegar to cover.

Leave it to ferment at room temperature for 3 - 7 days depending on your climate and season – shorter when warmer. Within a day or two it develops a delicious aroma. The sauerkraut is ready to jar when it tastes tangy and acidic.

Transfer to capped jars. Leave 2–3 cm/1” at the top as they can bubble and leak. However, try not to expose it too much to the air, as making sauerkraut is an anaerobic process.

Notes:

Cabbage leaves have plenty of lactic acid bacteria on their surface. Other vegetables also introduce lactic bacteria, but not as much.

High quality organic vegetables make the best sauerkraut, and have higher levels of lactic bacteria. Chemically farmed vegetables sometimes rot, rather than producing sauerkraut.

Sauerkraut may need to be stored in the refrigerator if you live in a hot climate, but most refrigerators are too cold to allow it to mature properly. The ideal storage is the same as for a fine bottle of wine – cool and dark. Sauerkraut needs at least six months to fully mature; the best sauerkraut I have tasted was eighteen months old.

A white, powdery-looking scum may form on the surface. This is harmless kahm yeast, and is discussed on page 106. If black or blue mould forms, throw the brew away. It usually smells horrible and you wouldn't want to eat it anyway. Mould forms because there was not enough liquid, it was too warm, or it was not sufficiently acid or salty.

Nut/seed cheese

1 cup nuts or seeds soaked overnight and rinsed

1 tablespoon kefir or rejuvelac whey (page 131) or ½ cup rejuvelac

3 cups of cold, filtered water

¼ teaspoon sea salt

Blend the nuts/seeds to a thick paste in your blender or food processor. Mix with the whey or rejuvelac, and add enough water to make a thick paste. Tip: a thicker mixture blends smoother than a watery mixture.

Put the mixture in a glass jar, cap loosely, and put it in a warm place to ferment. The temperature should be 26–28C (79–82F). Cover the jar if it is in the sun. It is ready when doubled in size, after 6–12 hours. The young cheese and the whey should be starting to separate. Poke a hole through the cheese on the top, and pour off the whey into a bottle. You can eat this “yogurt” as it is, or put it into a cloth to gently squeeze out more whey. To harden the cheese, leave it to hang in the cloth for a few hours, as the remaining whey drips out.

Notes:

After fermenting, your cheese should smell cheesy! You can store it in a sealed container the refrigerator for days or weeks, depending on the culture and your personal taste.

You can remove the skins from almonds by immersing them in boiling water for 1–2 minutes, then putting them in cold water. The skins will slide off between your fingers. However, if you heat them they are no longer a living food.

Store nuts and seeds in your refrigerator. Pick through them before use and throw away any that are mouldy or discoloured. This step is important – moulds and rancid oils are a common and highly toxic problem.

Creme fraiche/kefir cream/sour cream

Start with the best quality full-fat cream that you can find, ideally raw cream from cows feeding on grass in pastures where they are free to roam. Raw cream is the best, but pasteurised will do. Never use ultra-pasteurised cream or milk – this dead food is too damaged to support good health.

Using a thermometer, find a place where the temperature is a constant 22–24C (72–75F), such as a drying cupboard or a shelf near a heating vent in cooler climates.

Add some kefir grains (page 129) to the cream and stir them gently. Leave at this temperature for 24 hours, and gently stir every couple of hours or whenever you remember. After 24 hours remove the kefir grains and transfer the cream to your refrigerator where it will become firm. It will keep for weeks and will become quite strong and cheesy.

Sunflower/flax cream

Makes a delicious, tart sour cream that goes well with sweet potatoes or as a garnish.

1 cup raw sunflower seeds

2 tablespoons raw flaxseeds

Filtered water

1 slice of bread

3 tablespoons extra virgin olive oil

1 teaspoon raw honey

1 tablespoon finely chopped red onion or scallion

¼ teaspoon celery seed

4 tablespoons lemon juice

1 tablespoon whey (page 131)

¼ teaspoon sea salt

Soak the sunflower and flax seeds for about 8 hours in filtered water. Rinse.

Blend all ingredients, slowly add a little filtered water to make a thick, smooth, creamy consistency.

Use the back of a spoon to press the mixture through a sieve to remove any hard bits.

Put the mixture in a glass bowl, cover with a cloth and leave to ferment at room temperature (around 25C/77F) for 2–3 days. Stir.

Sprouts for rejuvenation

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Why sprout?

Many people find they don't thrive on legumes, grains, seeds, nuts and products such as breads, cakes or bean dishes made from them. Do you suffer from indigestion, flatulence, heaviness and other symptoms after eating them?

The reason is that all dry seeds, beans and nuts contain natural preservatives to keep them dormant (sleeping). They would be no use in nature if they started sprouting in a place where the plant couldn't take root and grow. If the nut or seed is wet for seven or more hours, the preservatives (also called enzyme inhibitors) start to break down, and the seed/bean/nut prepares to sprout and grow into a plant.

Unfortunately these enzyme inhibitors make dry grains, seeds and beans indigestible. They also react with many essential minerals such as calcium, magnesium, copper, iron and especially zinc, and stop their absorption.

A diet high in grains that have not been sprouted or soaked can lead to serious mineral deficiencies, bone loss, digestive problems, and a variety of seemingly unconnected degenerative diseases. Breads and other products made from flour that has not been wet for at least seven hours have a similar effect. Unfortunately most store-bought breads, pastries, biscuits etc are made from unsoaked flour.

It is best to soak any seed, grain, nut or legume for at least seven hours before use. This not only de-activates most of the enzyme inhibitors, but also breaks down gluten and other difficult-to-digest proteins into simpler components that are more easily digested.

A day or two after soaking they should start to sprout. Sprouts are especially valuable because the nutrient content multiplies many times, and they become easily digestible. Sprouts are a living, enzyme-rich food, natural and low in calories. Their vitamin A content will usually double, various B group vitamins will be 5 – 10 times higher, and vitamin C will increase by a similar order. Their protein content becomes easily digestible, rich new nutrients are created, and they contain significant amounts of

bio-available calcium, iron and zinc.

When a dormant seed sprouts, its starch is broken down into simple sugars. Sprouted beans and seeds are like a pre-digested food, one of the most enzyme-rich and nutritious foods known.

Many traditional cultures that use grains or seeds first prepare them by soaking or fermenting. In India, rice, beans and lentils are soaked for two days; in Africa and South America, corn or millet are fermented for several days; and in Europe, grains such as spelt and rye are soaked or fermented for several days.

Sprouted or fermented grains and traditional sourdough breads are made over a period of days. They are easy to digest, and contain a wide range of micronutrients including antioxidants made by the bacteria and yeasts. In contrast, commercially baked bread made from milled dry grains and fast acting yeast is prepared and baked in less than a few hours. No lactobacilli are involved, only one strain of yeast is used, and the conditions are not suitable for neutralising enzyme inhibitors and breaking down gluten into a more digestible form.

What you can sprout

Most seeds sprout easily, as do many legumes. Fresh, alive seeds in good condition sprout the best. If a seed will not sprout, this is an indication that it is “dead” and the enzymes in it have been destroyed. It may be old, rancid, cooked, irradiated, sprayed or physically broken or damaged.

Nuts often will not sprout because they have been irradiated to destroy insect eggs and give them a longer shelf life.

Raw oats are quite hard to find. Most are “stabilised” in steam after harvesting, in a process that cooks them.

My best sprouting results have been with garbanzo beans (chick peas), wheat and rye berries, sunflower seeds and mung beans. This may reflect my local conditions and suppliers.

You should treat raw beans (legumes) with caution. Chick peas (garbanzo beans) are the most digestible of the beans, and the only raw bean I recommend using regularly. When sprouted with 1–2 cm tails, most of their enzyme inhibitors are inactivated or washed away. This is why they are the most widely used raw bean in several traditional cuisines, particularly around the Mediterranean as a base for humus.

Mung beans make an excellent sprout, used widely in Chinese cooking. However, they primarily use the sprouts and not the beans, and the sprouts are often stir-fried.

Soy and kidney bean sprouts are toxic and should be avoided. Sprouted aduki, black beans, black eye, lentils, lima, navy, partridge peas, pinto, peas, peanuts and vetch cause poor digestion and gas.

Alfalfa sprouts are mildly toxic – do not eat them every day, and avoid them if you are a cancer patient, have a weak immune system or suffer from inflammation.

Some people are more sensitive to raw sprouted legumes, and need to cook them. This is no reason to avoid the nutritious and enzyme-rich sprouts of other seeds.

How to sprout

First, pick through and discard any broken, mouldy, discoloured or disfigured seeds. In particular, try to remove black, dark brown or green coloured mouldy seeds. They can contain harmful toxins that you would want to avoid, whether you are sprouting or cooking them.

Next, soak them. To sprout a grain, seed or bean, first wash them and then soak them in cool to tepid, filtered or spring water. Soaking time varies between 4 and 12 hours, depending on the size and hardness of the seed. Large hard beans such as garbanzo beans need 12 hours, whereas small soft seeds like buckwheat, amaranth, quinoa and many vegetable seeds only need 4 hours. Rinse them and change the water every couple of hours while they soak.

Successful sprouting depends on:

- The freshness of the seeds and how “alive” they are. Many seeds, especially if they have been imported, have been irradiated. Others are just old
- Whether the seeds are broken, discoloured or chemically treated
- The water’s pH, mineral and salt content
- The water’s temperature. Cold climate grains such as oats can even be sprouted in your refrigerator

Keep them damp. After the initial soaking, I put them in a large sieve, and rinse them under the tap a couple of times a day. You can also put them in a jar with a piece of material over the top, tied on with a string or rubber band. The seeds need to be kept damp and aired, but not wet, otherwise there is a chance of mould or spoiling. Some seeds, such as sunflower, start to sprout in a few hours. Others take more than a day. Within 2–5 days bigger seeds, nuts and beans sprout. They are ready when the root (not the shoot, which is longer) is the length of the seed.

Keep your sprouting seeds and grains out of full sunlight. Natural light is OK, but full sunlight will encourage leafing.

Using sprouts

Try keeping two containers of sprouts in your fridge, especially in the summer. Sprouts are the base for all sorts of delectable pates and raw food recipes, and provide a colourful and living addition to any dish – particularly salads.

Use a variety of different sprouts such as alfalfa, garbanzo beans (chick peas), lentils, mung beans, peas and sunflowers. Keep a written note of which you find digest the best, or which have any side-effects. Try lightly cooking the less-digestible raw sprouts in stir-fry's; the light cooking makes them much more digestible. Keep changing which beans you use, so that your body is not exposed to using the same sprout for days or weeks at a time.

Sprouted grains

Try to soak all grains before using them, including rice. If they have been damp long enough to start sprouting, that's even better. Ideally, any grain used in any recipe has a small bulge where the sprout is just starting. It will then have a higher level of nutrients, will be easier to digest, and will add a delicious flavour to the recipe.

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Raw or cold soups

Borscht

4 serves

A creamy, cleansing, Eastern European soup, traditionally made with beets.

2 cups beetroot, cleaned and chopped

1 cup carrots, cleaned and chopped

1 cucumber, peeled and diced

4 scallions, chopped

1 cup of almond milk (page 111) or 1 medium avocado

¼ cup fresh dill

Pinch cayenne pepper, to taste

¼ – 1 teaspoon tamari, to taste

Blend all ingredients together until creamy.

Add cold water if necessary. Best served chilled on a hot day.

Butternut curry soup

4–6 serves

1 butternut squash, peeled, seeded and cubed

1 yellow pepper, seeded and chopped

2 celery stalks

2 scallions

1 clove garlic, peeled

½ cup tahini

½ cup stock (chicken or vegetarian)

1 teaspoon fresh curry powder, to taste

½ teaspoon nutmeg

½ teaspoon ginger

½ teaspoon cinnamon

¼ teaspoon fenugreek

½ teaspoon sea salt

Handful of green leaves like coriander or basil, chopped

Blend to make a thick soup, add water if necessary. Serve garnished with green leaves.

Carrot and asparagus cream

4 serves

2 cups freshly squeezed carrot juice

3 cups of chopped asparagus (only the tender parts)

5 tablespoons tahini or almond butter

1 tablespoon sliced shallots

½ teaspoon tarragon

¼ teaspoon sea salt

Blend until smooth and creamy

Note:

If you use the woody ends of the asparagus, it will ruin the soup. Use the part that will snap when you bend it.

Carrot and avocado cream

4 serves

3 cups fresh carrot juice

1 large avocado

¼ teaspoon sea salt

¼ teaspoon cumin powder

1 handful of sprouts, chopped into spoon-sized pieces

1 sprig of coriander or parsley, chopped coarsely

¼ cup thick cream or kefir to garnish

Blend the carrot juice, avocado, salt and cumin until smooth.

Serve in bowls garnished with the chopped sprouts, greens and a spoon of cream.

Note:

The cream is an important part of the recipe, assisting with the transport and digestion of nutrients.

The green and white colours will earn praise.

Carrot yellow soup

6 serves

3 cups fresh carrot juice

1 butternut or yellow squash, skinned and chopped

1 yellow pepper, seeded and chopped

½ cup walnuts, pecan nuts or pine nuts

½ cup tahini or almond butter

1 scallion

1 clove garlic, peeled

1 tablespoon fresh ginger juice

¼ teaspoon cinnamon powder

¼ teaspoon turmeric powder

¼ teaspoon sea salt

Small pinch of pepper or cayenne pepper, to taste

Blend until creamy. Adjust thickness with water.

Celery and avocado soup

2–3 serves

2 cups of fresh celery juice

1 medium avocado

¼ cup tahini

2 tablespoons lime or lemon juice

1 tablespoon extra virgin olive oil

¼ cup chopped shallot or red onion

¼ teaspoon sea salt

½ teaspoon raw honey or 1 teaspoon maple syrup

Blend, then allow to sit for an hour before serving.

Cucumber avocado soup

4 serves

4 medium cucumbers, peeled, seeds removed, and chopped

1 medium avocado

1 small red onion, chopped

1 clove garlic, peeled

1 cup almond milk (page 111)

4 tablespoons lemon or lime juice

½ cup fresh dill, finely chopped

Blend all ingredients except dill to make a thick soup. Stir in dill and chill.

Suggestion: serve with a dollop of Salsa (page 15) or Tomato sauce (page 16).

Dulse and nut soup

4 serves

1 cup packed with sun-dried dulse pieces (or fresh dulse if available)

1½ cups walnut/pecan/pine nuts soaked for 7 hours

3 cups filtered water

1 tablespoon extra virgin olive oil

2 shallots

1 teaspoon tarragon (preferably fresh, but dried will do)

½ teaspoon rosemary

Dash of cayenne pepper to taste

2 tablespoons finely chopped fresh parsley for garnish

Blend with less water until creamy, add water to adjust thickness.

Gazpacho

6 serves

A refreshing, tangy, tomato-based soup originating in Spain.

1 kg (2 lbs) very ripe vine-ripened tomatoes, peeled (how to peel on page 85)

1 red pepper, seeds removed

1 cucumber

2 tablespoons lemon juice or apple cider vinegar

2 tablespoons olive oil

½ teaspoon sea salt

1 teaspoon tarragon

1 teaspoon basil

½ teaspoon cumin powder

Optional ingredients:

½ red onion

1 clove garlic, peeled

Dry bread pieces

Blend to a thick soup consistency. Thin with cold water or ice as needed.

Notes:

The optional onion and garlic give it a tang.

Best served chilled on a hot day.

Red pepper curry soup

4 serves

4 red peppers, seeded and chopped

3 scallions

2 shallots, chopped

½ cup tahini

2 tablespoons lemon or lime juice

1 clove of garlic, peeled

2 teaspoons fresh curry powder (adjust to taste and heat)

¼ teaspoon fenugreek

¼ teaspoon fish sauce (page 11) or sea salt

Blend all the ingredients except shallots to make a smooth soup. Serve in bowls garnished with the shallots.

Zucchini healer

6 serves

3 medium zucchini, chopped and steamed for 10 minutes, until just soft

1 medium cucumber, peeled and sliced

4 cups chicken stock

1 cup thick kefir, crème Fraiche or sour cream (page 29)

2 cloves of garlic, peeled and squeezed through a garlic press

2 tablespoons tomato paste

1 tablespoon lemon or lime juice

1 tablespoon whey (page 131)

1 tablespoon fresh mint or dill

¼ teaspoon fish sauce (page 11) or sea salt

¼ teaspoon black pepper

When the zucchini has cooled, place all ingredients in a blender and process until smooth. Cover and leave in a cool place for at least an hour.

Cooked soups

Barley and lentil soup

10 serves

1 cup lentils, soaked for 8 hours

2 medium onions or a small leek, sliced

2 medium carrots, chopped

2 tablespoons butter

2 tablespoons extra virgin olive oil

1 celery stalk, chopped

2 litres (2 quarts) of beef, chicken or vegetarian stock (or a combination of filtered water and stock)

¼ cup lemon juice

1 cup barley, soaked for 8 hours

Pinch of cayenne pepper, as required

4 teaspoon green peppercorns

Bouquet thyme sprigs and 2 bay leaves

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Pick through the lentils to remove stones and mouldy lentils. Wash them in a bowl of water and sieve.

Fry the onions and carrots in the butter and olive oil, in a large pot, for 5 minutes. Add the celery, stock, lemon juice, lentils and barley. Bring to a rapid boil for 5 minutes and skim off the foam. Reduce the heat, add the herbs, spices and fish sauce/salt, and simmer for an hour. Taste and adjust seasoning.

Notes:

This is one of those convenient soups that improves with a couple of hours of standing.

Optionally serve garnished with thick kefir or cultured cream.

Chicken brown rice soup

6 serves

A nourishing complete meal-in-a-soup.

2 litres (2 quarts) chicken stock

1 cup brown rice

2 cups finely chopped vegetables (carrot, beetroot, celery, pepper, green beans etc)

1 cup finely diced chicken meat (usually leftovers)

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Bring the stock to a boil, skim off any foam. Add the rice, turn down the heat, give one last stir, and then slowly simmer for an hour. Gently fold in the remaining ingredients and simmer for 5–10 minutes.

Chicken coconut soup

4 serves

A delicious and comforting soup. Good for fevers and sore throats.

1 litre (1 quart) chicken stock (page 7)

1 cup coconut cream (page 110)

Juice of a lemon

1 tablespoon freshly grated ginger

1 teaspoon cinnamon powder

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Small pinch of cayenne pepper, to taste

Bring the stock to a boil, skim off any foam. Turn down the heat, add the remaining ingredients and simmer for 5 minutes.

Fish noodle soup

8 serves

2 litres (2 quarts) clear fish stock (page 5)

1 cup of dry white wine

3 g (0.1 oz) of wakame seaweed, cut with scissors

1 cup of noodles (buckwheat or brown rice) smashed to pieces in the packet

4 tablespoons tamari (or non-sweet soy sauce)

1 packed cup of chopped spinach

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Heat the stock to boiling, skim off any foam. Add the wine and seaweed and simmer for 30 minutes. Add the remaining ingredients and cook for 15 minutes (sufficient for the noodles to be well cooked) before serving.

Fish coconut soup

6–8 serves

1 litre (1 quart) fish stock (page 5)

½ kg (1 lb) fresh fish, cut into 2 cm (1") cubes

1 litre (1 quart) coconut cream (page 110)

Juice and grated zest of a large lime

1 fresh green chile, finely sliced (use as much as required for heat)

1 clove of garlic, peeled and squeezed through a garlic press

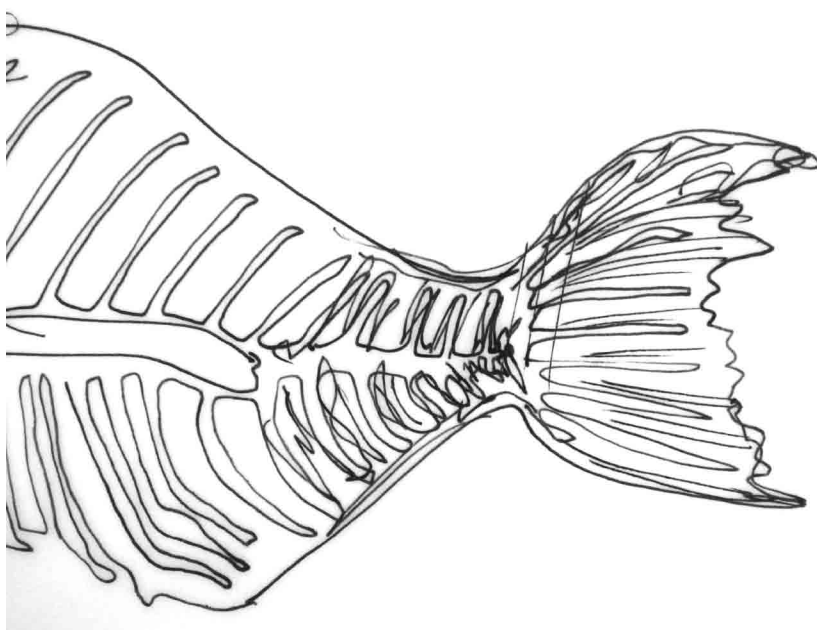
1 tablespoon freshly grated ginger

5–6 basil leaves, chopped

½ teaspoon cinnamon powder

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Bring the stock to a boil, skim off any foam. Turn down the heat, add the remaining ingredients and simmer for 10 minutes.



French onion soup

6–8 serves

4 tablespoons butter

6 medium sized sweet onions, finely sliced

$\frac{1}{2}$ cup dry red wine (dry white wine optional)(1 cup if not using cognac)

$\frac{1}{2}$ cup cognac (optional)

2 litres (2 quarts) stock

Herb bouquet: thyme sprigs, bay leaf and parsley tied with string

2 tablespoons arrowroot mixed with 2 tablespoons cold water (no lumps)

1 cup cheese, grated (best is Fontina, Gruyere or Swiss)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

Melt the butter in a large pot, and gently cook the onions on very low heat for up to 2 hours. Stir them occasionally. The onions should be caramelised and golden, not burned. Raise the heat a little, stir for a few more minutes before adding the wine, cognac, stock and herbs. Boil and skim off any foam. Stir in the arrowroot. After the soup has reduced in volume slightly, remove the herb bouquet, stir in the remaining ingredients and cook for a few more minutes. Taste and adjust seasoning.

Serve with bread, slow-toasted in the oven.

Meatball soup

$\frac{1}{2}$ kg (1 lb) minced meat (pork, beef or a mix of the two)

1 litre (1 quart) meat stock (page 7)

1 large carrot, chopped into bite-sized cubes

1 large onion, finely chopped

1 cup of winter squash, cubed

Garlic, 2 tablespoons chopped

$\frac{1}{4}$ cup sauerkraut (page 28)

1 teaspoon fish sauce (page 11) or $\frac{1}{2}$ teaspoon sea salt

1 handful of chopped fresh dill or parsley

Bring the meat stock and an additional litre (quart) of water to a slow boil in a pan. Shape the minced meat into balls about 2 cm (1") diameter, and gently place them one at a time into the boiling stock. Cover and simmer for 30 minutes. Add the carrot, onion and squash, and simmer for another 20 minutes. Stir in the garlic, switch off the heat, and leave it to sit for 5-10 minutes. Serve garnished with a spoon of the sauerkraut and the fresh herbs.

Minestrone

8–10 serves

A rich, filling, nutritious soup especially good for winter.

2 litres (2 quarts) beef stock

2 cups of cooked adzuki or kidney beans (page 63)

2 small red onions, finely sliced

2 tablespoons extra virgin olive oil

2 medium carrots, finely sliced

½ teaspoon dried oregano

½ teaspoon dried basil

½ teaspoon black pepper, to taste

Pinch of cayenne pepper

2 tomatoes, peeled and cubed

1 small zucchini, diced

½ cup red wine

1 cup fresh spinach or chard, finely chopped

1 teaspoon sea salt or fish sauce (page 11)

1 cup of dried noodles (buckwheat or brown rice)

Freshly grated Parmesan or Romano cheese for garnish

Bring the stock to a boil in a large pot, add the beans, and skim off any foam. Turn it down to simmer.

Fry the onions, carrot, herbs and spices in another pot on low heat. Give them around 15 minutes, with the lid just ajar, until they are soft but not brown. Add the tomatoes, zucchini and red wine and simmer for another 15 minutes. Add the spinach.

Put the dried noodles in a plastic bag and bash gently with a rolling pin to break the pasta into pieces. Empty the contents into the large stock and bean pot.

Everything now goes in the big pot to simmer for 15 minutes.

Put a block of cheese and grater on the table for everyone to help themselves.

Mushroom soup

6 serves

1 large leek, finely sliced

½ cup butter

1 kg (2 lbs) fresh mushrooms

4 tablespoons extra virgin olive oil

1 litre (1 quart) chicken stock

½ cup dry white wine

1 thick slice of dry whole grain bread, broken into pieces

1 teaspoon dried tarragon

¼ teaspoon nutmeg

¼ teaspoon ground black pepper

¼ teaspoon fish sauce (page 11) or sea salt

Thick kefir or sour cream to garnish

Gently fry the leek in butter, in a large pot, until soft but not browned.

Wash and chop the mushrooms, shake out the water and dry them in a cloth. Add the mushrooms and olive oil, fry them on a low to medium heat for 5 minutes, stirring occasionally.

Remove the mushroom/leek with a slotted spoon and put aside.

Add the chicken stock and wine to the pot, bring to a boil. Turn down, add the remaining ingredients and simmer for 15 minutes. Taste, adjust seasoning. Serve in bowls garnished with thick kefir/sour cream.

Notes:

Optional: to make a creamy soup, puree with a hand blender. You can also stir kefir or cream into the soup.

You can use **dried mushrooms** instead of fresh. Try shiitake mushrooms from Asian shops. Put the dried mushrooms in a bowl and cover with boiling water. Cover with a plate and let stand for 30 minutes. Drain the mushrooms, squeezing them out. If they are organic, you can save the liquid to add to the soup, otherwise discard the soak-water.

Oxtail soup

8 serves

2 kg (4 lbs) oxtail

½ cup dry red wine (white wine optional)

Filtered water

3 tablespoons wine vinegar

2 medium carrots, chopped

2 onions, sliced

1 clove garlic, peeled

2 celery stalks, chopped

Bouquet thyme sprigs, parsley and 2 bay leaves

4 teaspoon green peppercorns

Pinch of cayenne pepper, as required

1 cup barley, soaked for 8 hours

1 teaspoon fish sauce (page 11) or ½ teaspoon sea salt

Bake the oxtail in a baking pan for 1 hour at 180C/350F.

Put the oxtail in a large pot.

Pour out the oil from the baking pan and save it as cooking fat.

Add the wine to the baking pan, bring it to a rapid boil. Stir and scrape up the coagulated juices in the pan, adding a little water to clean it out.

Pour this liquid into the large pot with the oxtail, and add the vinegar and enough water to cover the oxtail. Bring it to a boil, skim off any scum.

Add the vegetables, herbs and spices. Simmer slowly for 24 hours.

Remove the oxtail, and pick the meat off the bones.

Strain the remainder of the pot through a sieve. Discard the bones, spent vegetables and herbs.

Bring the stock to a boil and add the barley and fish sauce. Turn down, and simmer for an hour. Add the meat pieces and serve garnished with parsley or coriander.

Pea soup

6 serves

2 medium onions, finely sliced

3 tablespoons butter

1 kg (2 lbs) freshly podded or frozen peas

1.5 litre (1.5 quarts) chicken stock

½ cup pasta (buckwheat or brown rice)

½ teaspoon green peppercorns, crushed

A bouquet with 1 sprig each of fresh mint, basil and rosemary, tied with string

Thick kefir or sour cream to garnish

Gently fry the onions in a large pot for 10 minutes, with the lid just ajar, until they are soft but not brown. Add the peas, stock and pasta, bring to the boil and then turn down. Add the herbs and peppercorns, simmer for 15 minutes stirring occasionally. The pasta must be very soft.

Ladle into bowls and garnish with thick kefir or sour cream, and serve with a slice of sourdough bread.

Seafood Thai soup

6–8 serves

1 litre (1 quart) fish stock (page 5)

1 cup brown rice

Juice and grated zest of a large lime

1 fresh green chile, finely sliced (use as much as required for heat)

2 cloves of garlic, peeled and squeezed through a garlic press

2 tablespoons freshly grated ginger

2 tablespoons galangal, thinly sliced

2 tablespoons lemon grass, thinly sliced

5–6 kaffir lime or basil leaves, chopped

½ teaspoon cinnamon powder

3 tablespoons fish sauce (page 11)

½ kg (1 lb) fresh fish in small pieces, and / or prawns/shrimps/mussels/scallops

2 cups coconut cream (page 110)

Bring the stock to a boil, skim off any foam. Add the rice and all remaining ingredients except the coconut milk and fish/seafood. Turn down the heat, give one last stir, and then slowly simmer for an hour.

Gently stir in the coconut cream and fish/seafood. Bring back to a boil and simmer for 3–5 minutes (until the fish/seafood is just cooked).

Seafood Mediterranean soup

6–8 serves

2 onions, finely sliced

¼ cup extra virgin olive oil

1 cup tomato paste

1 cup dry white wine or vermouth

1 litre (1 quart) fish stock

Herb bouquet: thyme sprigs, oregano and parsley tied with string

Pinch of saffron threads or ¼ teaspoon ground turmeric

4 cloves garlic, peeled and squeezed through a garlic press

Freshly ground black pepper, to your taste

¼ teaspoon cayenne pepper, adjust as required

2 tablespoons fish sauce (page 11)

4 large ripe red tomatoes, peeled, seeded and cubed

1 kg (2 lbs) fresh white fish, cut into cubes

1 kg (2 lbs) seafood – fresh prawns/shrimps/scallops/crab/lobster

12 clams/mussels/crab claws

Fry the onions in the olive oil in a large pot. Stir in the tomato paste, wine, stock, herbs and spices. Bring to a boil until the stock is reduced to a creamy consistency. Turn the heat down and remove the herb bouquet. Add the fish sauce and tomatoes. Taste and adjust seasonings.

Add the fish and seafood, and simmer for about 10 minutes, until they are just cooked.

Vegetable creamed soup

8 serves

4 tablespoons butter

2 medium sized onions or a large leek, sliced

2 carrots, sliced

2 cups of chopped field mushrooms

1 clove of garlic, peeled and squeezed through a garlic press

2 litres (2 quarts) chicken stock

3 large potatoes, in 1 cm/½" cubes

Bouquet of thyme sprigs

½ teaspoon oregano or marjoram, dried

½ teaspoon dill, dried

4 zucchini, sliced

½ teaspoon sea salt or fish sauce (page 11)

½ cup Creme Fraiche/kefir cream/sour cream

Melt the butter in a large pot and slowly fry the onions/leek, carrots, mushrooms and garlic for a few minutes. Add ½ cup of chicken stock and gently simmer for half an hour.

Add the potatoes, herbs and remaining stock, bring to a rapid boil. Turn the heat down, add the salt and zucchini and cook for 5–10 minutes until they are just tender.

Remove the thyme bouquet and let the soup cool a little. Blend with a hand-held blender (or a normal blender if you don't have a hand-held), adding water if you need to thin it. Taste and adjust seasonings.

Serve in bowls each garnished with a tablespoon of cream.

Breads that digest well

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Better digestion

Most people who are gluten intolerant and unable to eat store-bought bread are able to eat properly-produced sourdough. The *lactobacilli* bacteria in real sourdough break down the gluten in the dough when it is allowed to ferment for a period of between half and four days. The longer the period, the less gluten remains, and the stronger the delicious sourdough flavour.

This period of damp fermentation has another major benefit. As explained on page 32, dry grains (and flour) contain enzyme inhibitors which make them indigestible. After being wet for at least seven hours, the water breaks down most of these inhibitors.

All non-sourdough bread and even many so-called sourdough breads sold in shops are made in just a couple of hours.

Do not use **soy** flour. Soy contains potent anti-nutrients that are not broken down during the sourdough process, unlike other grains. Soy's nasties are only broken down in a long fermentation process over months or years, such as when soy is made into traditional products like natto, miso, tempeh, tamari and some soy sauces. The anti-nutrients in modern soy products cause a variety of diseases. Soy flour has a nasty taste – nature's way of telling us to avoid it.

Wheat is the least digestible of all grains. Today, 90% of the wheat grown around the world is of a dwarf (high yield) variety. Unfortunately when this variety was developed it also had several new anti-nutrients bred into it, making it particularly hard to digest. If you use wheat flour, try to use heritage varieties or spelt. Otherwise use rye or other flours.

If your **digestion is weak or irritable**, use ground almonds / almond meal in place of grain flour. Other nuts such as hazels may also be used. Nut flour still benefits from being soaked for seven or more hours. The breads made with nuts will not rise (much) and will be more like cake in consistency, but will be more easily digestible.

Basic sourdough starter

Fresh organic rye flour (wholemeal is optional)

Filtered or spring water (no chlorine, which kills the microorganisms)

A source of microorganisms – see Notes below

Cup-sized glass jar with plastic lid. The lid should have the insert removed, because infections may breed under it.

Day 1: mix 3 tablespoons of flour with filtered water to a soupy consistency. Optionally add a source of microorganisms. Gently screw on the lid, and keep it warm – around 28C/82F, but out of direct sunlight.

Each day for the next 6 days, add 2 tablespoons of flour and enough water to keep the soupy consistency. By the second or third day it should start bubbling and have a pleasant yeasty wine-like smell. Remove any solid grape skins or bits with a fork or sieve.

By the end of the week the bubbles should subside.

Store the starter in an airtight jar in your refrigerator when not in use. Take it out two days before you want to use it. Clean the lid and scrape out any dry bits. Revive it with 2 tablespoons of flour each day, and enough filtered water to make a soupy consistency, and keep it warm – around 28C/82F, but out of direct sunlight. When it comes alive and bubbles, it is ready for use.

Notes:

You can get your culture from microorganisms floating in the air, and also present in the flour. They'll make their way into the mix, and in a couple of days it will be bubbling. If you have them, introduce a culture from a teaspoon of whey, rejuvelac, kefir, fresh organic grape skin, or fresh organic raisins, currants or sultanas.

The best starters are made from rye flour, though wheat flour also works well. While trying to make a gluten-free starter I have had success with other types of flour such as sweet potato, potato, buckwheat and millet flour.

Potency. You may find that your starter loses its strength over a period of time, and no longer rises a loaf like it used to. The reason may be that the yeasts have created a high level of alcohol in the starter, and the alcohol is killing the microorganisms. The solution is to keep a few teaspoons, and start the recipe again. It should only take a couple of days to make the new starter, rather than a whole week. Use most of the starter when you are baking – there is no point in keeping a large quantity in the refrigerator.

Gourmet sourdough starters

After a period of months or years, the starter improves and develops its own special character. You can swap cultures with friends, add whey, kombucha, kefir, clean organic grape skins, rejuvelac and brewer's yeast to improve it and introduce different cultures. When experimenting, keep a backup culture.

Gluten-free sourdough starter

Follow the recipe for the Basic Sourdough Starter, using gluten-free flour.

I have had success making a gluten-free starter using sweet potato, potato, buckwheat and millet flours, but feel free to try others. Success depends on the quality of the flour and your local conditions. If you are not able to get a starter to start, then get one going with rye flour, and use a small quantity to infect a gluten-free starter.

Remember that most gluten is digested by the microorganisms in 1–2 days, if you use wheat or rye flour to make a starter.

Basic sourdough bread

4 cups freshly ground rye, spelt, kamut or whole wheat flour

½ cup sourdough starter, which should be at room temperature, and have virtually completed the bubbling frothy stage

¼ teaspoon sea salt

½ cup filtered or spring water

Use a 23 cm (9") loaf pan

Sieve the flour into a bowl, add the salt and a little of the water. As you add more water it will become very stiff and is easier to mix with your hands or a powerful electric mixer. Knead it for 10–15 minutes, with a pushing and folding over action.

Lightly oil your bread loaf tin (or bread rolls tray) with coconut oil – best as it produces brown crusty loaves that don't stick to the sides. If the dough is still a little sticky to the touch, no problems, simply smear a very fine film (half-teaspoon spread with hand) of coconut or olive oil on your table top and on your hands (this helps prevent sticking), throw the doubled dough on it, punch it down, and knead and fold it over itself for five minutes.

Leave it for 12–48 hours at a temperature of 20–25C (68–77F). It should more than double in size.

Bake at 180C/350F for 50–60 minutes, or until a skewer pushed into the middle comes out clean. When you tap the loaf, it has a characteristic knock that lets you know it is ready. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Gluten-free sourdough bread #1

Most of the gluten in wheat, rye and other flours is digested by sourdough bacteria (*lactobacilli*) in 1–2 days. You can make a rye or wheat sourdough and leave it fermenting for up to four days before baking. There will be virtually no gluten left in it. It is highly digestible, and has a strong sourdough flavour (which some people love).

So the recipe is simply to make the Basic Sourdough Bread above, and leave it rising longer. Keep it somewhat cooler (ideally 15C/59F), covered and out of sunlight.

You will need to experiment. If there are large bubbles in the bread, you can punch it down and knead it a second time after the first eight hours of rising. Then leave it to rise a second time.

Start by tasting just a little to test for its digestibility. You'll probably be delighted.

Gluten-free sourdough bread #2

Have you noticed that most of the gluten-free breads that you buy in the shops have a texture more like cake than bread? This is because gluten is an important component of bread, giving the slightly chewy, rubbery, springy consistency. This recipe manages to recreate some of the texture of conventional bread.

1 cup potato flour (do not use soy flour – page 123)

1 cup buckwheat flour

1 cup kefir or ¼ cup whey (page 131)

2 tablespoons olive oil

¼ teaspoon sea salt

2 tablespoons kombucha (optional)

2 tablespoons sourdough starter (optional)

Sieve the flour, mix all the ingredients in a bowl. Add tepid filtered water to make a very thick batter. If the water is too hot or chlorinated, you will kill the microorganisms and ruin the recipe.

The batter should be just too sticky to knead, but thick enough to be a real effort to stir. You can use a heavy duty mixer or stick both your hands into the mixture and squeeze it between your fingers.

Mix it several times over 15 minutes, then leave it in a warm spot (25C/77F). Cover with a damp cloth if it is in the sun. After 3–4 hours it should have risen a little. Give it a final mixing, and turn the batter into a coconut oil greased baking pan. Leave it in a warm spot for 8–24 hours. It should double or more in size.

Bake 170–180C (330–350F) for 35–45 minutes, until a skewer pushed into the centre of the loaf comes out clean. When you tap the loaf, it has a characteristic knock that lets you know it is ready.

Note:

This bread needs to be eaten straight out of the oven, as it goes stale quickly (unlike traditional sourdough bread which will keep for weeks).

Pizza base grain-free

Makes one large thin pizza, or a small thick one.

Note: this pizza base is not strong enough to hold in your hand, so you will need to cut it into wedges and serve on plates. However, it is an excellent substitute for a commercial pizza, with none of the wheat or other grain side-effects.

1 medium cauliflower, chopped into 5 cm (2") pieces

¼ cup olive oil

2 large eggs

1 cup grated mozzarella cheese

Boil the cauliflower for about 10-20 minutes until tender. Drain thoroughly and mash until smooth. Add the remaining ingredients and mix well.

Pre-heat oven to 175C / 350F. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). Pour the mixture onto an oiled pizza pan or baking sheet. Press the dough to the required thickness, but no thicker than 13mm (1/2 ").

Bake for 20 minutes.

Pizza topping

1-2 cups tomato sauce (page 16)

2 cup grated mozzarella cheese

1 teaspoon basil (fresh chopped or dried)

½ teaspoon oregano (fresh chopped or dried)

Black pepper, ground

Your selection of vegetable toppings such as chopped red/green peppers, fine-sliced onion or garlic, sliced olives, sliced mushrooms (optionally they may be pre-fried), sun-dried tomatoes, or whatever is in season. Vegetables with a high water content such as melons or lettuce are not suitable.

Optional. Try using a small quantity of chopped anchovies (beware, they can be overpowering if you

use too much), or cooked chicken or cooked meat chopped into small pieces.

Remove the pizza base from the oven (leave the oven on). Spread the tomato sauce over the base, then the cheese, and last all the other toppings. Return to the oven and bake until the cheese melts (about 10-15 minutes). Do not brown the cheese.

Pizza base - traditional

Makes one large thin pizza, or a small thick one

1 cup freshly ground spelt or rye flour

2 tablespoons butter, coconut oil or lard

¼ cup of sourdough starter

¼ teaspoon sea salt

Cold filtered water

Sieve the flour into a bowl, add the salt and finger in the oil with your hands. Slowly add enough water to make a dough.

Throw a little flour on a bench top. Knead the dough for five minutes.

Thin pizza. Wrap the dough in greaseproof paper and put it in a warm spot (25C/77F) to rise for at least 10 hours. Dust a bench top and a rolling pin with some flour, and roll the dough as thin as you want, depending on the style of pizza. To lift it up, roll it onto the roller, then unroll it onto a greased pizza pan.

Thick pizza. Roll out the dough and put it in a greased pizza pan. Cover it, and leave it in a warm spot (25C/77F) to double in thickness (about 8-16 hours).

Add the pizza ingredients and bake in a pre-heated oven for 20 minutes at 180C/350F. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Kefir herb bread

3 Cups freshly ground spelt or whole-wheat flour

¼ cup raw honey or maple syrup

2 tablespoons olive oil

½ teaspoon sea salt

1 teaspoon dill, dried

½ teaspoon oregano, dried

½ teaspoon thyme, dried

½ teaspoon tarragon, dried

½ teaspoon basil, dried

Starter to rise your bread:

2 Cups kefir or 1/2 cup whey (page 131)

2 tablespoons kombucha (optional)

2 tablespoons sourdough starter (optional)

3 large free-range eggs

½ cup filtered or spring water

Sieve the flour, mix in all the ingredients except the eggs.

Add tepid filtered water until the mixture is a thick batter. If the water is too warm or chlorinated, you will kill all the living yeasts and ruin the recipe.

The batter should be just too sticky to knead, but thick enough to be a real effort to stir. You can also use a heavy duty mixer or stick both your hands into the mixture and squeeze it between your fingers.

Mix it several times over 15 minutes, then leave it in a warm spot 20–25C (68–77F) for 12–24 hours. It should double or more in size.

Beat the eggs, then gently knead or stir them into the batter.

Bake 170–180C (330–350F) for 60–100 minutes, until a skewer pushed into the centre of the loaf comes out clean.

Fruit & spice loaf

2 cups freshly ground spelt or rye flour (part 1)

½ cup sourdough starter

Filtered water

2 cups freshly ground spelt or rye flour (part 2)

3 tablespoons butter, melted

2 teaspoons cinnamon

½ teaspoon ground fennel

½ teaspoon Chinese five spice

Small pinch ground cardamom

Small pinch ground cloves

¼ teaspoon sea salt

2 tablespoons grated orange or lemon peel

½ cup currants or sultanas

Mix the flour (part 1), sourdough starter and enough water to make a thick batter. Cover and leave in a warm place (28C/83F) for about 8 hours. It should be bubbling and treble in size.

Add the remaining flour (part 2), the butter, the spices, salt and a little water to make a dough. Put it on a lightly floured worktop and knead for 10 minutes.

Add the citrus peel and fruit, and knead long enough to distribute it evenly through the dough.

Form into a single loaf or six buns. Place in an oiled bread pan. Leave to rise in a warm place (28C/83F) for 6 hours or until it has trebled in size.

Bake at 180C/350F for 45 minutes (check after 35 minutes if making buns). A skewer pushed into the loaf should come out clean. After a few minutes turn out of the pan, and leave upside down to cool. When tapped, the loaf should have a characteristic hollow knock.

Note:

This bread is delicious straight out of the oven, similar to hot cross buns. After two days, covered, at room temperature, it is more like a fruitcake.

Sprouted grain (Essene) bread

4–6 cups of sprouted organic wheat, rye, barley or other grain. The grains should be soft, and with a bulge only just starting to sprout. If the sprouts are allowed to grow the fibre makes the bread tough and chewy, like grass. Pick through the grains to remove any that are unsprouted or discoloured.

Mince the sprouts. The best tool is a slow juicer with the mincing cone attached. You can also use a hand cranked meat grinder or a food processor with an S-blade. If you don't have that equipment, a blender, or a pestle and mortar can do the job.

Shape the dough into a bread pan greased with coconut oil, or lay it out on some baking paper.

Leave it in a warm spot (20–25C) for 12–24 hours. It can rise up to double in size, but normally rises less – making a dense, heavy, sweet bread.

RAW version

The best, most alive bread is made if you slow-cook the loaf for a total of 24–36 hours. You can put it in the sun, or use a VERY low oven if your oven can turn down that low. The maximum temperature allowed is 48C/118F. If you keep it below that temperature, the high level of enzymes and other nutrients in the sprouted grains are kept intact. This makes a very digestible and healthy loaf.

BAKED version

Alternatively, you can bake the loaf in an oven at 110–115C (225–250F) for two hours. This makes a sweet, dense loaf. It is similar to many store-sold Essene breads.

Essene variations

Rather than making a loaf, try forming the dough into flattened balls. This is the way it was made thousands of years ago.

You can improve the flavour and texture of the traditional bread by adding:

1 T olive oil

¼ teaspoon sea salt

To make more interesting or sweeter bread:

¼ cup of sesame seeds or caraway seeds

OR

½ cup of currants, raisins or dates

To make bread that rises more:

½ cup freshly ground spelt flour

1 T of whey (page 131) or sourdough starter

Sprouted grain pasta

Sprout some grains (page 32). You can use any type of grain, but for best results use wheat.

Method 1. As soon as the grains start to sprout (24–36 hours) put them in a dehydrator or slow oven. When the grains are completely dry, mill them in a grain mill to make flour. The finer the flour, the easier it will be to make the pasta.

To make pasta, put some flour in a bowl and add cold water, just a little at a time, to make stiff dough. Dust a work surface with flour, and knead it for 10 minutes to make it smooth and slightly springy. It is now ready to roll, cut and shape.

Method 2. You'll need a slow-speed juicer with the mincing cone and pasta nozzle on the gentle setting. Slowly spoon the sprouts into the chute, and catch the pasta on a tray.

Notes:

After it is formed, let the pasta dry slightly.

Cook it in boiling water for just a minute or two. If you leave it in the water too long, the pasta will dissolve. Some also like it raw.

Serve with one of the sauces starting on page 12, such as pesto. Also add a splash of extra virgin olive oil, and freshly grated Parmesan cheese.

Rice – not a long-life food unless...

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A long-life food?

Rice is gluten-free, meaning that people who can't tolerate wheat and other grains can usually eat rice.

Rice is not something that most Westerners should eat every day. I have included it here to use as an occasional food, or to use more often only if you can get it fresh straight from the rice paddy.

Rice needs a lot of digestive power. Western people in particular, should not eat rice at every meal. Use rice occasionally and only eat small quantities.

Brown rice contains vitamins B and E, iron and some protein.

Brown rice is more nutritious than white rice, but unfortunately it usually contains natural oils that are rancid. Unless you can buy brown rice that was chilled within a day of threshing it will contain rancid oils.

So unless you can get absolutely fresh-off-the-paddy brown rice, it should not be a regular food. When you buy brown rice, buy it in airtight packaging rather than from open bins (unless you are sure the bins have a rapid turnover), and check the use-by date.

White rice on the other hand, has had the oils and most of the other nutrition removed. It is a high GI (glycemic index) carbohydrate, but you can lower the GI of rice by serving it with oil and optionally a dash of an acid such as lime juice, whey or vinegar.

Brown rice (soaked)

3–4 serves

1 cup brown rice (short or long grained)

2½ cups filtered water

2 tablespoons whey (page 131), lemon juice or apple cider vinegar

1 tablespoon butter

½ teaspoon sea salt

Put the rice, water and whey/lemon juice/vinegar in a large pot and leave for at least 7 hours.

Bring to a boil, then turn down very low, add the salt and butter, give a final stir, put the lid on and simmer slowly for about 45 minutes. Do not remove the lid until cooking is finished.

Notes:

It's not essential to soak rice like it is with other dry grains, but it does make it more digestible.

If the rice was burned on the bottom of the pot, you need to use more water. If it is wet when you open the lid at the end, just cook for a few more minutes with the lid off. But don't stir it or it goes mushy.

Brown rice (unsoaked)

3–4 serves

1 cup brown rice (medium or long grained)

1 tablespoon butter

1 tablespoon olive oil

1 bay leaf

¼ teaspoon thyme, dried

¼ teaspoon cardamom powder

2 cups chicken stock or filtered water

½ teaspoon gelatine

½ teaspoon sea salt

Gently fry the rice and herbs in the olive oil and butter, stirring until the rice turns milky.

Add all remaining ingredients and bring to a boil. Give it a final stir, put the lid on and simmer slowly for at least 90 minutes. Do not remove the lid until cooking is finished.

Notes:

It's not essential to soak rice like it is with other dry grains, but it does make it more digestible.

If the rice was burned on the bottom of the pot, you need to use more water. If it is wet when you open the lid at the end, just cook for a few more minutes with the lid off. But don't stir it or it goes mushy.

Rice–nut–lentil pilaf

Follow one of the brown rice recipes above.

When you add the rice, also add your choice of some or all of the following:

¼ cup washed lentils

½ cup nuts (skinless almonds/cashews or whatever is available)

¼ cup of sunflower seeds

Optional – seeds from 2 green or 1 black cardamom pod. Or throw in the whole pod if you would prefer to take it out before serving

Optional – 2 whole star aniseeds. Remove before serving

Beans & legumes transformed

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Bean secrets

If you don't like legumes, or feel that they don't agree with you, it may be because you've never had beans that were properly prepared.

Most people don't know that beans are a rich source of anti-oxidants – especially the small red ones. Beans and lentils are also a great source of protein and many other nutrients. However, they need to be soaked for a long period or sprouted before they are cooked. Properly cooked beans are delicious – soft, easily digestible, and they don't produce gas.

Do not overeat beans. A little goes a long way. Half a cup of cooked beans is as much as most adults can handle. If you eat more, they may not digest well.

Beans must be soaked for 12–24 hours prior to cooking. Cover them with water and add a tablespoon of whey (page 131) or vinegar to improve the process. In warm weather they will start to ferment unless you change the water a couple of times or keep them in the refrigerator.

Even better, keep them damp for another day or two after the initial soak, waiting until they just start to sprout. You want to catch the beans at the point where the sprout is just starting to swell and form. You'll need to rinse them a couple of times each day to stop any slime or mould forming.

Pick through any legumes or grains before you use them, and remove any stones, discoloured, withered and broken items. Mouldy legumes are toxic. The misshapen and broken pieces will not sprout, and can go slimy when you soak them.

Beans take a long time to cook – a minimum of 1 hour, and up to 4 hours. They need plenty of water, as they will expand 3–4 times while cooking. Beans must be well cooked – they should be quite soft when they are ready to eat.

Some beans, particularly chick peas (garbanzos) produce foam and scum when you start to boil them. Scrape it off and discard it, as it affects their flavour and ease of digestion.

Do not add salt to the cooking water. It slows the water absorption, makes the beans hard and adds to the cooking time. Add salt after cooking.

Add a piece of kombu to the beans at the start of their cooking. It will improve the flavour and make them more digestible. Use a 3–5 cm/1–2" piece per 3 cups of raw beans.

Counterbalance bland-tasting astringent beans with sweet, oily and sour foods. Traditionally, beans are cooked with spices. They combine well with chutney, coconut milk, sweet potato and mirin. Serve beans with sour cream or Crème Fraiche. Add lemon juice or the juice from fermented vegetables to bean and lentil soups. Bean and lentil dishes combine well with sauerkraut and other lacto-fermented vegetables. If you put beans or lentils in a salad, add onions too.

Grains and legumes are often served together, because they complement each other so well. Common combinations are chickpeas with millet, lentils, kidney or aduki beans with barley or rice, and corn bread with black-eyed peas.

Lentils are nutritious and more easily digested than beans, even without the pre-soak. Rinse them well, and pick through them for stones and discoloured lentils. They need 30 to 60 minutes cooking, depending on the size and type.

Chick peas (also known as garbanzo beans) are one of the most digestible legumes. They are traditionally used to make hummus, and are widely used in Middle Eastern cuisine.

The next most digestible beans are aduki beans, which are particularly nourishing for your kidneys. They have a good flavour, and go well with pumpkin and ginger. Lentils, mung beans and peas are also digestible. Less digestible are pinto, kidney, navy, black eye, lima and black beans. Hardest to digest are soybeans.

Basic lentil recipe

Makes 7–10 cups

2 cups of dry lentils or dahl

Tepid filtered water

2 tablespoons whey (page 131), apple cider vinegar or lemon juice

3 cups of chicken or beef stock (filtered water will do if you have no stock – see Notes below)

2 cloves of garlic, peeled and sliced

Herb bouquet (several sprigs of fresh thyme and 2 bay leaves tied with string)

1 teaspoon green peppercorns, crushed

Pinch of cayenne pepper, to taste

1 tablespoon of fresh ginger juice or fresh grated ginger

1 teaspoon sea salt or fish sauce (page 11)

3 tablespoons of lime juice or sauerkraut juice

Pick through the lentils to remove stones and mouldy lentils. Wash them in a bowl of water and sieve.

Cover them with filtered water. Stir in 2 tablespoons of whey/lemon juice/vinegar. Leave for 7 hours. Drain and rinse.

Put the lentils in a pot with the stock, and add enough filtered water to cover them to a depth of 2 cm/1". Bring to a boil and skim off and discard any foam or scum.

Add the remaining ingredients except the lime/sauerkraut juice. Lower the heat and simmer for 30–60 minutes (30 minutes for small red lentils or dahl, 60 minutes for large green or brown lentils).

Stir occasionally to prevent burning. Add a little water to thin, remove the lid to thicken. You want to finish with a thick consistency.

Stir in the lime/sauerkraut juice.

Serve with Brown rice (page 58), sauerkraut and a dollop of thick cream/kefir.

Notes:

Stock adds a richer and more nutritious finish to the dish. If you use water instead, add 1 teaspoon of gelatine dissolved in water. This improves the nutritional profile. A teaspoon

of seaweed powder (kelp, kombu, dulse) would also improve the flavour and ease of digestion.

Lentils are incredibly versatile and very easy to cook. You can hardly go wrong with them if you follow the basic guidelines. They can be cooked with a wide variety of herbs, spices and other vegetables like carrots, celery, parsnip, potato, tomato etc.

Basic bean recipe

Makes 8–10 cups

2 cups of dry beans

filtered water

2 tablespoons lemon juice or whey (page 131)

1 piece of kombu, 3 cm/1", cut into strips with scissors

Put the beans in a bowl, cover them with water, stir in the lemon juice or whey, and leave them in a cool place for 12–24 hours. Change the water every 8–12 hours. Drain and rinse.

Optionally wait another day or two for the start of sprouting. Rinse 2–3 times per day, especially in a warm climate.

Put the beans in a large pot, cover them with water and an extra 2 cm/1" of water, and bring to a boil. Skim off and discard any foam or scum. Reduce the heat, add the seaweed, put the lid on the pot, and simmer for 2–6 hours. Large beans need longer, also kidney beans.

Check occasionally and add more water if necessary. The beans are ready when they are soft enough to squash easily between your fingers.

Experiment by serving with one or more of the following: chutney, a good shake of extra virgin olive oil, a dash of herb vinegar to give it a twang, coconut milk, thick kefir or sour cream, sweet potato with butter, Sauerkraut or a salad with shallots and a dressing. Notice the sweet/sour/oil combinations.

Refried beans

4 serves

4 cups of cooked beans (see Basic beans, page 62)

½ cup warmed butter, coconut oil, macadamia oil, ghee, fat from cooking meat, or duck fat

Mash the beans with a potato masher. Fry them in a heavy pan on medium heat.

You can either form them into patties, or stir the fat into the beans to make a thick paste. Serve the paste in a bowl garnished with a sauce (page 15).

Note: you'll find the beans are quite "thirsty" – they soak up a lot of oil. It is difficult to get them to form a patty that you can crisp on both sides. Much easier just to stir the fat in, and then scrape the crispy bits from the bottom of the pan.

Ribollita soup

8 serves

3 tablespoons olive oil

1 large red onion, sliced

2 cloves of garlic, peeled and chopped

½ small green cabbage, chopped

4–5 handfuls of other green leafy vegetables, chopped
(cavolo nero is traditionally used)

1 leek, chopped

1 stick of celery, chopped

2 carrots, chopped

1 large ripe tomato, chopped

1 litre (1 quart) chicken or vegetable stock (filtered
water will do, if you have no stock)

1½ cups of cooked white beans (like cannellini). See
Basic beans, page 62

6 slices of stale bread, broken into pieces

1 teaspoon sea salt or fish sauce (page 11)

Black pepper, freshly ground, to taste

In a large pot, fry the onion in 1 tablespoon of olive oil until just starting to go brown. Add the garlic and fry for another 30 seconds. Add all the other vegetables, and let them gently soften.

Add the stock or water, bring to a boil. Skim off and discard any foam if using stock. Lower the temperature, cover, and simmer for an hour.

Add the beans and bread. Simmer for another 30 minutes.

Stir in the salt, season with pepper. Serve in a bowl with a glug of good olive oil on top. Great on a cold day!

Ribollita means re-boiled. This classic Tuscan soup is often reheated day after day – increasing in flavour each time. There are many different versions of the recipe, but the main ingredients are: stale bread, white beans and green leafy vegetables – some also add sausage or prosciutto. Poor country people didn't waste anything – and this was a great way of using up leftovers.

Rich spiced beans

4 serves

3 tablespoons olive oil

1 large brown onion, sliced

½ teaspoon of seeds from black cardamom pods

2 teaspoons of crushed star aniseed pieces

2–3 whole cloves (or ½ teaspoon ground cloves)

2 teaspoons cinnamon powder

½ teaspoon fenugreek

2 tablespoons finely chopped fresh ginger (or 1
tablespoon ginger powder)

2 tablespoons finely chopped fresh turmeric (or 1
tablespoon turmeric powder)

Pinch of cayenne pepper, to add heat

3 cloves of garlic, peeled and sliced

2 cups of stock or filtered water

4 cups of cooked beans (see Basic beans page 62)

1 teaspoon sea salt or fish sauce (page 11)

Pound the spices in a pestle and mortar to make a paste.

Fry the onion in a large pot on low heat in the olive oil until just turning brown. Add the spices and cook for an additional 30 seconds. Slowly add the water or stock – careful, it can spit if too hot – and all remaining ingredients. Get it boiling again, then turn it down, put the lid on and simmer for 30 minutes. Stir occasionally to stop burning on the bottom of the pot.

Serve with Brown rice (page 58), a dollop of sour cream or kefir, brightly coloured vegetables, and sauce or chutney.

Note:

The spices in this recipe will give a rich Indonesian/Asian style flavour. Black (not green) cardamom is the secret ingredient. Feel free to experiment with other spices, or use a pre-mixed curry powder. The fresher the spices, the better they are.

Try stirring in a cup of coconut milk 5 minutes before serving. The oil and the sweetness go together beautifully.

Vegetables – eat lots

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Vegetable secrets

A whole dish of one perfectly in-season vegetable can be interesting enough to be the main course of a meal, especially if served with sourdough bread and a sauce or dressing. Sometimes that vegetable is cooked, other times it can be raw. It can be grated and soaked in a delicious marinade, cut into chunks, or hollowed out and stuffed with a filling.

ALWAYS use a sauce, dressing or marinate (page 15). **You can make a basic dressing in less than two minutes.** Keep a dressing in the refrigerator. *Dressings and sauces are the secret that will transform your salads and cooked vegetables into the most interesting, delicious and nutritious dishes.*

Cut raw vegetables into thin slices that are delicate and crunchy. Asparagus, artichokes (Jerusalem and globe), baby courgettes, even butternut squash ... they all look and taste great in a salad when finely sliced. The fine slicing also gives more surface area to let in the dressing or marinate. It makes them easier to chew, and helps with digestion.

Spend a few extra seconds preparing your dish artistically. Lay it out with care. Think about the colours. Your salads should be a delight to the eye as well as the taste buds.

A salad is a vegetable dish that is served cold. Feel free to use cooked or raw vegetables, and add nuts, cooked beans, sprouted grains, small quantities of animal proteins (eggs, cheese, chicken, fish), and of course, a dressing.

I don't like mixing fruits and vegetables. Sure, tomatoes, avocados and cucumbers are actually fruits, not vegetables. But adding berries and soft sweet fruits like peach, mango, banana, strawberries or melon to a vegetable salad makes them difficult to digest. Soft sweet fruits digest quickly and should be eaten on their own. Mixing them with slower-digesting vegetables makes the final dish unbalanced.

Mix vegetables of different colours. As well as

looking more attractive, a salad that has green, red, orange, maroon and white vegetables has a wide spectrum of nutrients. Variety is so important for longevity. Keep buying different fruits and vegetables; enjoy what is in season.

Your salad is only as good as its ingredients. Buy a variety of high quality, crunchy vegetables.

Organic produce may cost twice as much, but often has five times the level of nutrients and lasts twice as long.

Grow your own vegetables. Salad leaves from the back garden are a brilliant way to start. A tomato picked from your own vine after it has turned a deep red colour has a depth of flavour and goodness that you won't believe until you've tried it.

Discover where the farmers markets are in your area – they may advertise in the local newspaper or on the internet. You can talk to the person who grew the produce, and it is often cheaper than supermarkets. Most organic farms are happy to deliver a mixed box of fruit and vegetables to you each week.

Children who love their vegies

How do you get your children to eat a healthy amount of vegetables?

If you have been feeding your child processed foods or sweet foods, remember that he or she already has some level of addiction. It will not be pleasant for the little one being weaned off the addictive additives that are in processed foods. There will be a period of days or weeks during which the child will be irritable and unappreciative of your efforts.

The number one golden rule is set a good example yourself. Have vegetables as the centrepiece of your meal, cherish them. Put time and effort into preparing them, and get obvious enjoyment from eating them yourself.

The number two golden rule is don't force

vegetables (or any other food) onto your child. They can easily see when you are trying to manipulate them.

Encourage your child to try a spoonful, but don't get upset if he/she refuses it. Eventually they will try it, so keep reintroducing various foods from time to time. And remember that even young children can learn why nutrition is important; you can simply say: 'They make you healthy, big, strong and taste so good.'

Put out a plate of vegetables before a meal – the time when your child is hungriest. Cut them into chunks and mix the colours.

Keep a container of cherry tomatoes, sliced carrots or celery, or lightly cooked cold vegetables in the refrigerator for a quick snack anytime.

Always serve vegetables with a sauce (page 19) for dipping.

Let your child help with vegetable washing and setting out (or chopping, if they are older). Serve several vegetables every day. Let them choose when shopping. Plant a vegetable garden with them, or even a single pot.

Raw or cooked?

Try to eat a living food diet with at least some of your food raw or fermented. However, raw vegetables are not for everyone – especially those with delicate digestion or diarrhoea. If the season (winter), climate (cold), your body type, your sense of taste or your circumstances dictate that you wish to cook most of your food, that is quite acceptable. Indeed, several ancient traditions that deliberately extend their lifespans (Taoists masters for example) eat mostly lightly steamed vegetables. It is possible to cook food without destroying all the enzymes provided you keep the cooking short, keep it moist, and keep it cool. Typical Western methods of baking, roasting and frying with long periods of hot dry heat are enzyme killers. Steaming and poaching are better – they ensure that the environment remains moist, and that

the temperature is close to water's boiling point. Stir-frying is also quite acceptable, provided cooking times are kept to under a minute, and preferably 30 seconds. I stir-fry my wet vegetables with a little oil, not too hot. The moisture content is maintained, the cooking time is very short, and the vegetables are still crispy.

One minute of steaming is enough for delicate vegetables such as broccoli or spinach, others may require five minutes, depending on the size you have cut them. When ready, quickly rinse them in cold water to maintain their colour and stop the cooking.

When you boil foods, you lose some of the nutrients in the water unless you also drink or use the water.

Don't add **salt** to your cooking water. If you add salt to the water in which you are boiling vegetables, it will make them limp and soggy. If you want to add salt, add sea salt after cooking. It will dissolve to form a concentrated film on the surface of the vegetables, giving a more intense flavour with less salt.

The following need to be cooked:

Seeds, grains and beans need to be soaked or sprouted and then cooked. The human digestive system cannot cope with dry seeds, grains and legumes. Even after soaking and cooking they are not easily digestible.

Potatoes and turnips.

Broccoli, Brussels sprouts, cabbage and kale should be lightly steamed or stir fried. Avoid raw mushrooms, which contain a toxin that light cooking breaks down. Green beans should be steamed or cooked, which destroys a digestive toxin called phasin.

Egg whites need to be cooked. The yolks however, are much more nutritious when raw (raw egg yolks are a super food.) If you are cooking an egg, try to judge it so the white is just cooked, and the yolk is still soft and liquid.

Lightly cooking several vegetables such as asparagus, carrots, French beans and tomatoes makes their nutrients more available.

Raw

The essentials

What goes into your raw salad is highly personal, and of course also depends on what's in-season and available. There is no correct method of making a salad, but the truth is some salads are much better than others. Here are some guides to put yours in the top class.

The key to a memorable salad is vegetables at the peak of their freshness. Fresh herbs also add a wow factor that can't be matched by a spoonful of dried herbs.

Always use a dressing. Always.

Keep everything dry. Wash your vegetables if necessary, but then dry them. Dry salad leaves in a salad spinner or on kitchen or paper towels, whole vegetables too. Store them in dry plastic bags in the refrigerator, and they will last much longer. Before you make a salad ensure that everything is dry. Dry vegetables absorb dressings and marinades better.

The harder the vegetable, the smaller the pieces. Shred or grate the hardest vegetables like carrot, beetroot and daikon radish. Go fancy and sliver or julienne zucchini, asparagus and red pepper. Slice those vegetables that are soft enough to be chewed comfortably, such as tomato. Delicate leaves can be whole, or torn into finger-sized pieces.

Add textures and increase the nutritional value of your salad by sprinkling soaked nuts or seeds on top. My favourites include coarsely chopped walnuts, or sunflower or pumpkin seeds.

Broccoli in coconut-almond terrine

6 serves

¼ cup kuzu (arrowroot if kuzu not available)

2 cups coconut milk (page 110)

1 cup skinned almonds, chopped in large pieces

½ cup red onion or scallions, minced

2 tablespoons lemon juice

½ teaspoon sea salt

¼ teaspoon cinnamon

1 head broccoli, broken into small florets

In a saucepan, mix the kuzu with a few tablespoons of the coconut milk. When it is smooth, slowly add the rest of the coconut milk.

Put the saucepan with coconut milk on a low heat. Add the almonds, onion, lemon juice, salt and cinnamon. Stir gently until it starts to thicken.

Arrange the broccoli in a flat dish. Pour the mixture over the broccoli and chill to set.

Green leafy salad

Of course a green leafy salad is mostly leafy greens – lettuce (and not just boring iceberg lettuce), chard, rocket, dandelion, mustard, endive, spinach and dozens of other tender green leaves that you can eat raw. They should be immaculately fresh.

Use a large bowl, so you have plenty of room to toss the salad thoroughly. It also looks better.

You can optionally add some extras to your leaves before serving. Any harder vegetables should be finely sliced, shaved or grated. Then add cherry tomatoes, nuts, olives, slices of boiled egg, crumbled strong cheese, or homemade croutons. And of course, one of the dressings or sauces (page 23).



Jelly mould salad

6 serves

1 ½ cups shredded cabbage

1 cup carrots, grated

½ cup asparagus in 1 cm (½") lengths

1 tablespoon gelatine

¼ cup cold water, or a little more if needed

1 cup boiling water

1 tablespoon raw honey

¼ cup lemon juice

½ teaspoon sea salt

Blanch the cabbage in rapidly boiling water for 30–60 seconds, then drain in a strainer. Mix with the carrots and asparagus, and arrange in your mould(s).

Stir the gelatine into the cold water and mix well – no lumps. Add the boiling water and dissolve completely. Stir in the honey, lemon juice and salt. Pour into the moulds.

Chill until firm. To remove the jelly from the mould, dip the mould in hot water for a few seconds.

Rainbow salad

6 serves

2 tablespoons pine nuts, gently roasted

2 fennel bulbs

2 heads endive/escarole

1 cup red or purple cabbage, shredded

2 cups carrot, grated or shredded

1 cucumber, very thinly sliced

1 heart of celery with leaves, finely chopped

1 red onion, finely sliced and quartered

1 bunch cilantro (coriander), finely chopped

Small bunch of chives, chopped

Large handful of rocket leaves, coarsely chopped

2 vine-ripened red tomatoes, sliced

1 cup sprouted sunflower seeds

1 avocado, thinly sliced

¾ cup of basic dressing (page 23). Most of the other dressings, or a full cup of mayonnaise will also work nicely

Roast the pine nuts in a dry pan, at low heat. Remove them to cool at the first sign of browning.

The fennel will strongly flavour this salad. Most people love it, but reduce it to one bulb if you prefer less aniseed/liquorice taste.

The secret with this salad is to slice the vegetables very thinly or cut them into very small pieces.

Gently mix in the dressing and carefully and artistically arrange the vegetables in a large bowl or platter.

Whatever is fresh and in season salad

Read “The essentials” at the top of this section, choose a dressing (page 23), and you’ll have a winner!

Important – you don’t necessarily have to use many different vegetables. One of my most memorable salads was made from three different kinds of lettuce, with a basic dressing. Even a single totally fresh vegetable, finely cut, dusted with a little fresh herb, and served with a dressing, can be amazing.

Remember to use sprouts (page 32). Start a batch or two of sprouts each week, so you always have a handful available.



Marinated

Introduction

Marination is a healthy alternative to cooking. Try it if you generally prefer cooked to raw foods. The use of acid, salt and time actually breaks down the ingredients similarly to cooking, but without destroying the enzymes and other nutrients. Marinated foods have high enzyme content, helping you live longer and protecting you from diseases. Marinades allow flavours to permeate deeply, and also start the process of digestion.

You'll see that most of the recipes are quite similar – shredding the harder vegetables, finely slicing the others, and then coating them in vinegar or lemon juice. Add some oil and spices to make it interesting, let it sit for an hour, and voila!

If you marinate any kind of raw meat/fish, discard the marinade after use, because the marinade draws toxins out of the meat. This does not apply to vegetable marinades.

You can use kombucha (page 103) to marinate. Normally I make my kombucha with very mild acidity, so that it is pleasant to drink like a beer or glass of wine. Occasionally the starter I use is too acidic, or I forget about a brew and leave it too long. The strong vinegar-like kombucha is good to use as a marinade. How much to use depends on how strong it is. If the kombucha is milder than lemon juice or vinegar, then use a little more. You will have to taste the recipe and judge.

Beetroot (beets)

4–6 serves

2 cups of shredded beets

1 cucumber, sliced

1 parsnip, grated

½ cup Orange tahini dressing (page 24)

½ teaspoon cinnamon

¼ teaspoon fenugreek

½ teaspoon sea salt

Mix everything together thoroughly, and let it sit for an hour before serving.

Carrot salad

6 serves

4 cups of carrot, shredded

1 red onion, minced

2 tablespoons lemon juice

1 teaspoon grated orange rind

½ cup basic dressing or garlic dressing

½ teaspoon cumin

½ teaspoon sea salt

Mix all the ingredients thoroughly, and let them stand for an hour or two before serving.

Cauliflower

6 serves

1 clove garlic, peeled

½ cup fresh dill (parsley will do if you have no dill)

¼ cup freshly squeezed orange juice

1 tablespoon lemon juice or 1 teaspoon apple cider vinegar

2 tablespoons tahini or half an avocado

½ teaspoon sea salt

1 head of cauliflower, chopped into 1 cm (½”) pieces

1 cup carrots, shredded

Blend everything except the cauliflower and carrots into a smooth dressing.

Thoroughly mix the dressing into the cauliflower and carrots, and leave them to sit for at least an hour before serving.

Celeriac (celery root)

8–10 serves

1 large celeriac, cleaned and shredded

1 head of cabbage, shredded

1 carrot, shredded

½ cup mayonnaise (page 25)

¼ cup parsley, minced

4 tablespoons lemon juice or 4 teaspoon apple cider vinegar

1 teaspoon tarragon

½ teaspoon sea salt

Mix everything together thoroughly, and let it sit for an hour before serving.

Escarole (endive) or cabbage, and zucchini

4–6 serves

1 head of escarole or a small cabbage

1 zucchini

1 small red onion

4 radishes

½ cup dulse–ginger–tahini dressing (page 23)

1 clove garlic, peeled

¼ teaspoon fenugreek

½ teaspoon sea salt

If you can julienne the escarole and zucchini into matchstick sized pieces this looks great, otherwise shred them, also shred the radishes.

Mince or pound the onion and garlic. Mix everything together and let it marinade for an hour before serving.

Green beans (or broccoli)

4 serves

½ kg (1 lb) green beans (or use broccoli instead)

3 cloves garlic, peeled and squeezed through a garlic press

¼ cup minced parsley

¼ cup basic dressing (page 23)

1 teaspoon grated orange or lemon zest

½ teaspoon sea salt

Cut the tips off each bean, as you cut it also pull away the string down the side of the bean. Then finely slice diagonally across the bean to produce a French cut. If using broccoli, just cut into small pieces.

Mix everything together well, and let it stand for at least an hour before serving.

Italian vegetable salad

6–8 serves

1 head of cauliflower, chopped into 1 cm (½") pieces

1 cup carrots, shredded

1 cup of large olives, pitted, not too salty

1 cup of basic dressing (page 23)

1 cup celery, finely chopped

2 tablespoons apple cider vinegar

2 tablespoons capers

4 cloves of garlic, peeled and squeezed through a garlic press

¼ teaspoon cayenne pepper, to taste

½ teaspoon sea salt (omit if the olives are too salty)

Mix all the ingredients thoroughly. Refrigerate in a sealed container for 24 hours before serving.

Radicchio (chicory leaf)

4–6 serves

2 heads of chicory or endive

½ cup Orange tahini dressing (page 24)

2 tablespoons lemon juice or 1 teaspoon apple cider vinegar (or equivalent kombucha)

¼ teaspoon fenugreek

½ teaspoon sea salt

Shred or finely chop the chicory. Mix with the dressing and lemon juice/apple cider vinegar. Let it stand for an hour before serving.

Notes:

Radicchio is the leaf of the chicory plant, sometimes known as Italian chicory. It is grown as a leaf vegetable which usually has white-veined red leaves and looks a little like a cabbage. It has a bitter and spicy taste, which mellows when it is grilled or roasted. It can be used to add colour and zest to salads. Eat them raw, marinated, grilled or steamed.

In Australia radicchio is often hard to find in the shops, but it is one of those plants that is easy to grow – almost like a weed, and high in the nutrients that come in so many of the “weeds” that we now ignore.

Endive and radicchio are members of the same family and can be substituted.

Turnips

4 serves

2 cups turnips, shredded or sliced paper thin

1 small red onion or a scallion, minced

4 tablespoons fresh dill or parsley, finely chopped

3 tablespoons lemon juice

1 tablespoon extra virgin olive or macadamia oil

½ teaspoon thyme, dried

½ teaspoon sea salt

Mix everything together well, and let it stand for at least an hour before serving.

Boiled or steamed

Boiling & steaming essentials

Wash and prepare vegetables by cutting into even-sized pieces. Cut across the grain with stringy vegetables like leeks or beans. The smaller the pieces, the less time they need to cook.

The rule is minimal cooking. Overcook and you'll get a reputation for soft, mushy, tasteless vegetables.

Don't boil or steam vegetables in the melon family. They already have a high water content, and will be too watery. Fry them instead.

Steaming is preferable to boiling, because it leaches out less of the minerals in the vegetables. Steaming takes nearly twice as long as boiling.

Boiling: use just enough water to cover the veges, and make sure it doesn't boil dry. Do not put salt in the water.

You can serve boiled or steamed vegetables hot or cold, but generally they do not keep well.

Always serve vegetables with a sauce or dressing. At the very least drizzle a little extra virgin olive oil or butter, and season with salt, pepper, and the tiniest pinch of herbs.

Broccoli cream

4–6 serves

1 kg (2 lbs) fresh broccoli

½ cup mayonnaise (page 25)

½ cup thick kefir cream/sour cream/crème Fraiche

4 tablespoons lemon juice

½ teaspoon tarragon

¼ teaspoon sea salt

Freshly ground black pepper to taste

Use a vegetable peeler on the thick parts of the stalks, to expose the beautiful, soft, crunchy insides of the stalks.

Cut the broccoli in to similar sized 5 cm (2") pieces.

Steam the pieces until they are just starting to go tender and bright green – about 2 minutes. Remove from heat and quickly rinse under cold water to stop the cooking. Drain.

Beat the remaining ingredients together, and then toss the broccoli with this dressing until it is well mixed.

Cover and chill for an hour before serving.

Brussels sprouts

Discard the tough ends and the outer leaves.

Cut a little cross in the stem to help it cook evenly. Steam for 5–10 minutes until just tender when you stick in a skewer. Do not overcook.

Drain off the water and serve with a pinch of sea salt, freshly ground black pepper, and a generous dollop of butter.

Alternative: serve with Anchovy butter (page 10) they go well together.

Another alternative: (this is my favourite) – serve it in a mushroom and cheese sauce (page 12).

Cauliflower delicia

4–6 serves

1 kg (2 lbs) fresh cauliflower (1 medium sized)

1 cup of basic dressing (page 23) or herb dressing (page 23)

½ cup minced red onion

½ cup minced parsley

½ cup grated carrot

3 fresh basil leaves, chopped

Cut the cauliflower into bite-sized chunks. Steam them for up to 10 minutes, until just tender. Cool.

Toss with the remaining ingredients and serve.

Chard (silverbeet)

4 serves

1 bunch of chard

2 tablespoons butter

1 teaspoon cinnamon powder

½ teaspoon ground nutmeg

¼ teaspoon fenugreek

½ teaspoon sea salt

Freshly ground black pepper

1 cup of kefir cheese or thick, older, sharper kefir. Of course, feta cheese will also do – cut it into small pieces. Spinach and chard have traditionally been served with feta cheese – the flavours combine beautifully.

Remove the stalks from the leaves and chop them into 1 cm (½”) pieces. Slice the leaves. Steam the stalks for 2-5 minutes until not quite soft, then add the chopped leaves and continue steaming until the leaves are wilted. Remove from heat and tip into a colander. Shake off all the water. Mix in the remaining ingredients and serve.

Cabbage

Cabbage is delicious when cooked properly. The trick is to shred it finely, and steam until just tender. Overcooked cabbage is awful.

Discard the outer leaves, and chop the cabbage finely or put it through a food processor with a fine slicing disk. Rinse it in filtered water and then steam (or boil in shallow water while stirring occasionally).

Drain off the water and serve with a pinch of sea salt, freshly ground black pepper, and a generous dollop of butter.

Alternative suggestion: serve with Anchovy butter (page 10) – they go well together.

Carrot curry

6 serves

4 tablespoons coconut oil

3 teaspoons fresh curry powder (mild)

2 teaspoons coriander powder

2 teaspoons turmeric powder

2 teaspoons cinnamon powder

2 medium onions, sliced

2 red bell peppers, finely sliced

½ kg (1 lb) carrots, sliced

3 cups chicken stock

2 cups almonds (no skins) or cashews

1 tablespoon freshly grated ginger

Grated rind of 1 orange

2 tablespoons arrowroot mixed with 2 tablespoons water

2 cups spinach leaves, chopped

1 teaspoon sea salt or fish sauce (page 11)

½ cup coconut milk (page 110)

Fry the spices on low-medium heat for 30 seconds, add the onion and cook until soft.

Add the peppers and carrots and fry a couple more minutes.

Add the stock, nuts, ginger and orange rind, and bring to a boil.

Reduce to a simmer and leave uncovered until the carrots are soft and the liquid has reduced a little. Add the arrowroot a little at a time to thicken (use less if desired). Stir in the spinach and the salt, and simmer one more minute.

Place the curry in a large serving dish, and carefully pour the coconut milk on the surface to make patterns (or otherwise just stir it in).

Serve with brown rice, and optionally, chutney.

Eggplant essentials

Use eggplant (aubergine) occasionally but not regularly, for the nutrients that come with its deep-purple colour. Its rich flavour and firm texture make it a useful addition to many dishes. It goes beautifully with mushrooms, tomatoes or onions – add a little extra oil when frying them.

A good eggplant has an immaculate skin, which yields when you press it and recovers quickly. It should be heavy for its size.

Eggplant contains a bitter juice that you can remove by salting. Slice or cube it, then toss it with a generous spoon or two of finely ground salt. Let it stand or leave it soaking for 1–2 hours, then rinse off the salt in a colander or sieve.

Try to eat their skin for their nutrients. Mostly you don't need to peel them, except for the biggest and oldest.

Eggplant's spongy texture makes it soak up a lot of oil in any recipe. This is another reason to soak it in salt water before cooking.

Always cook eggplant, it contains a toxin which cooking breaks down.

Eggplants are perishable – do not refrigerate. Store in a cool place in a plastic bag for up to 2 days.

If you suffer from arthritis, try eliminating all solanum (nightshade) vegetables – such as tomatoes, potatoes, peppers and eggplants.

Eggplant – grilled

1 large eggplant (aubergine), sliced and prepared in salt water as in Eggplant essentials page 79

1 teaspoon sea salt

1 clove garlic, peeled and squeezed through a garlic press

1 teaspoon dried thyme

¼ teaspoon fenugreek

½ cup extra virgin olive oil

Rub the salt, garlic and thyme into the eggplant. Next, rub the eggplant with olive oil, ensuring all of it is covered.

Slowly grill on a low heat, 30 minutes on each side. It should be reduced and quite soft when cooked.

Kale

I normally prepare kale the same as chard (silverbeet) on page 78.

Alternatively, chop coarsely, then steam or boil until wilted.

Serve with butter, sea salt and freshly ground black pepper.

Mushrooms

I included mushrooms in the list of super foods (page 130). Use them regularly, especially the Japanese mushrooms.

2 tablespoons butter

2 tablespoons extra virgin olive oil

1 cup mushrooms, whole or sliced

½ teaspoon tarragon (optional)

½ teaspoon sea salt

Heat the butter and oil in a pan on medium heat. Add the mushrooms and tarragon. If using whole mushrooms, fry them on their top first so they don't soak up all the oil. Fry until slightly browned and reduced.

Note:

Dried mushrooms are also a nutritious addition to any vegetarian dish. For example, buy dried Shiitake mushrooms at any Asian store. Soak them for an hour or two before cooking. If they are organic mushrooms you can use the soak-water in the dish you are making, otherwise discard the water, especially if they are Chinese mushrooms. Of course, dried mushrooms are never the same as fresh – they are not so good eaten on their own – instead, use them as a minor addition in a bigger dish.



Parsnip puree

Parsnips are a sweet vegetable that are a bit boring when boiled on their own, but are delicious when fried or served with butter. Here is another way of serving them ...

4–6 serves

½ kg parsnips in 2 cm (1") pieces

½ kg sweet potatoes in 2 cm (1") pieces

3 tablespoons butter

1 teaspoon finely grated horseradish

½ teaspoon freshly grated ginger

¼ teaspoon nutmeg or cinnamon

½ teaspoon sea salt

½ cup thick kefir/sour cream/crème Fraiche

Freshly ground black pepper

Top and tail the parsnips, make sure you discard any tough bits. Cook them in a little boiling water for about 10 minutes. Add the sweet potatoes, and boil them together for another 10 minutes. They should both be soft all the way through, but not mushy. Drain them and save the water to drink or use as a vegetable stock. Let them cool.

Blend with the spices until smooth. Can be served warm or cold, garnished with a dollop of cream.

Peas

Use freshly shelled peas if you can. Eat them raw, or boil them lightly and serve with butter.

Frozen peas are an acceptable alternative if you don't have them out in the back garden. When they are harvested they are usually snap-frozen, so they are raw with most of the nutrients intact.

The directions on most packets of frozen peas tell you to put the frozen peas straight into boiling water. If you want raw peas put them on a plate and leave them in your refrigerator for a few hours or overnight until they have thawed.

Potatoes

Unlike sweet potatoes, ordinary potatoes are not a long-life food. They don't have a lot of nutrients, but more importantly, they do have a lot of quickly accessible calories that spike your blood-sugar.

However, potatoes are widely used and provide bulk, texture and energy in our society. They are also soothing and easily digestible when cooked properly. If you do use potatoes, buy organic produce and eat the skins as well as the inside. Enjoy them with Celtic salt and plenty of butter, olive oil or cream – as well as being nutritious, these good oils slow down the rate at which you digest all those calories.

Turnips – glazed

4 serves

1 kg (2 lbs) turnips, thick sliced. Or try using parsnips, which are sweeter and denser.

4 tablespoons butter

1 cup of stock

Filtered water

1 teaspoon gelatine or arrowroot mixed in 1 tablespoon cold water

1 tablespoon parsley, finely chopped

Boil the turnips in salted water for about 20 minutes, until just tender. (Note: you don't normally boil vegetables in salted water). Drain them.

Now fry the turnips in a pan on medium heat with the butter, until just brown.

Add the stock and gelatine/arrowroot and boil down until only a very thick sauce is left.

Serve garnished with the parsley.

Zucchini & other squash – the secret

All members of the squash family have such high water content that they are ruined by boiling, or even steaming. Instead, slice them and fry them in butter or extra virgin olive oil. Serve with a sprinkle of lemon juice, freshly ground black pepper and sea salt.

Tuna salad

Tuna – 1 x 200 gm (7 oz) can

1 large onion chopped finely

2 large carrots, cooked and grated

2 boiled eggs, peeled and chopped

1 cup mayonnaise (page ~)

1 handful of chopped fresh dill or parsley

Drain the tuna well because the water doesn't taste good and the oils are often stale or toxic grain/legume oils (page 125). Mash the tuna with a few spoons of the mayonnaise. Put half of the tuna in the bottom of a serving dish. Add layers made up of half of the fine-chopped onion, half of the carrot and half of the egg. Make sure each layer is well-covered with mayonnaise. Repeat the layers with the other half of the ingredients. Garnish with the fresh herbs.

Zucchini cakes

4 serves (3 cakes each)

4 cups of grated zucchini

1 tablespoon finely ground sea salt

4 eggs, beaten

1 red onion, finely chopped

2 cups of sourdough breadcrumbs (make with old bread in the blender or food processor)

½ cup strong cheese, grated (Parmesan, Romano, Swiss etc). You can also use nut cheese (page 29)

½ teaspoon sea salt

Freshly ground black pepper

4 tablespoons butter

4 tablespoons olive oil

Mix the zucchini well with the salt and let it stand for 30 minutes. Rinse it with fresh water and squeeze dry in a tea towel.

Mix all the ingredients together, and form them into a dozen flat cakes. Fry a few at a time in a pan on medium heat.

Serving suggestion – with tomato sauce (page 16)

Stir fried

The essentials

A stir fry is a fast, light, healthy way of cooking. You cook with oil at medium to high heat, but just for a few minutes or sometimes for a few seconds. That way the surface of the ingredients are wilted and flavoured, but the insides of the larger pieces are bordering on raw.

Throw wet vegetables into the wok – this keeps their cooking temperature as low as possible.

Start with those ingredients that need the longest cooking time – usually onions and leeks. Some spices also like to be cooked at the beginning, while there is still plenty of oil in the wok. Next add root vegetables like carrot and sweet potato that need a few minutes of cooking. Lastly add the chopped leaves like spinach and bok choy, which need less than a minute. Sprouts can be sprinkled on top of the hot dish, or thrown in at the last second.

Stir fried vegies

4–6 serves

3 tablespoons extra virgin olive oil

2 cups sliced red onion

1 cup sliced mushrooms

2 medium leeks, sliced

1 stalk celery, sliced

½ small cauliflower, chopped

1 bunch endives, chopped (or chard, kale or whatever is in season)

¼ cabbage, chopped (preferably Chinese cabbage)

1 tablespoon tamari (or non-sweet soy sauce)

1 teaspoon sea salt or fish sauce (page 11)

3 tablespoons of chopped fresh herbs or 2 teaspoons of dried herbs (like parsley, dill, basil, oregano, thyme, marjoram and chives)

Lots of freshly ground black pepper

Sprouts – a handful. Mung bean sprouts are good.

Heat the olive oil in a large wok or deep skillet. Use a medium to high heat, keep things slightly wet, and stir as you cook. This is fast, light cooking. You cannot leave it and walk away.

Start with the ingredients that need the most cooking – the onions, leeks and mushrooms. After about 5 minutes, the onions should be just starting to brown, and the mushrooms should be reducing. Add the celery, carrots and cauliflower. Keep stirring until they start to soften and colour a little.

Add the chopped leaves and all remaining ingredients during the last couple of minutes. Keep things wet, and keep stirring. As they reduce down and make some more room, throw in a few more handfuls. Don't overcook – the chopped leaves should just be a little wilted.

Throw in the sprouts at the end – they need no more than a few seconds of cooking – or just put them on top before serving.

Goes well with a pesto (page 13), a handful of nuts, a little cooked chicken or seafood, or slices of toasted sourdough bread to mop up the juices.

Tomatoes

You can peel tomatoes by dipping them in boiling water with a slotted spoon for 5 seconds. The skin will split in places and peel off easily. To seed a tomato, cut it in half at the equator, hold a half in the palm of your hand, and gently squeeze out the seeds.

Tomatoes are rich in an antioxidant called lycopene. Unlike most nutrients, lycopene is only available when the tomatoes are cooked in oil. How did people know about this centuries ago? (Cooking tomatoes with basil, oregano and olive oil to make a delicious marinara sauce).

Desserts - a bit naughty

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Why?

I've included some desserts because they are enjoyable, and enjoyment is important for longevity. These desserts are healthier than most – they use high-nutrient ingredients; no sugar (sucrose); and some use techniques to make them easily digestible. Nevertheless, try to avoid them if you are overweight or suffering from metabolic syndrome or diabetes. Otherwise enjoy them in moderation.

Cakes & slices

Almond orange squares

4–6 serves

23 cm/9" glass dish

2 cups fresh-squeezed orange juice

1 star aniseed pod (optional)

2 tablespoons agar flakes / 2 teaspoons powder

¼ cup kuzu or arrowroot dissolved in ¼ cup water

1 cup almonds, slivered or chopped

Optional – ½ cup almond or hazelnut meal

2 tablespoons raw honey or maple syrup

Gently heat one cup of orange juice with the star aniseed pod. Dissolve the agar in it. Remove the aniseed pod. Stir in the kuzu until it starts to thicken. Quickly stir in the remaining ingredients and pour into the glass dish. Chill. Cut into squares to serve.

Note:

You can use the pulp left over from making almond milk (page 111) for the optional almond meal.

Apricot walnut bread

10 serves

3 cups freshly ground wholemeal spelt, kamut or whole wheat flour

2 cups kefir and/or ½ cup sourdough starter/or 2 tablespoons whey (page 131)

1 cup of dried organic apricots

1 cup walnuts or pecans

¼ cup of warmed butter or olive oil

3 large free-range eggs

¼ cup raw honey or maple syrup, to taste

½ teaspoon sea salt

1 teaspoon potassium bicarbonate (rising agent)

½ teaspoon vanilla essence

Mix the flour with the kefir or starter. Add enough filtered water to make it a batter consistency. Cover and leave for 12–24 hours at a temperature of 20–25C (68–77F).

Dice the apricots into 1 cm sized pieces; cover them with water and leave to stand for an hour.

Blend the remaining ingredients except apricots in a blender. Leave the nuts in small pieces. Stir the mix into the batter, stir in the apricots, and pour into a coconut-oiled loaf pan.

Bake at 180C/350F for 90 minutes, or until a skewer pushed into the middle of the cake comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Banana bread

10 serves

Use a 23 cm (9") loaf pan

3 cups freshly ground wholemeal spelt, kamut or whole wheat flour

2 cups kefir and/or ½ cup sourdough starter/or 2 tablespoons whey (page 131)

2 large ripe bananas

¼ cup of warmed butter or olive oil

3 large free-range eggs

¼ cup honey or maple syrup, or 1 teaspoon stevia powder to taste

¼ cup chopped dates

½ teaspoon sea salt

1 teaspoon potassium bicarbonate (rising agent)

½ teaspoon cinnamon

½ teaspoon ground ginger

¼ teaspoon nutmeg

½ cup walnuts or pecans, chopped

Mix the flour with the kefir or starter. Add enough filtered water to make a thick batter consistency. Cover and leave for 12–24 hours at a temperature of 20–25C (68–77F).

Blend the remaining ingredients except the nuts and batter. Fold in the chopped nuts and batter, and pour into a coconut-oiled loaf pan.

Bake at 180C/350F for 90 minutes, or until a skewer pushed into the middle of the cake comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Carrot Cake

8-10 serves

CAKE INGREDIENTS

1 cup coconut flour

½ cup honey or maple syrup, or 1 teaspoon stevia powder, to taste

1 tablespoon ground flax seeds

2 tablespoons grated orange zest

1 teaspoon ground cinnamon

1 teaspoon ground allspice

1 teaspoon ginger powder

½ teaspoon grated nutmeg

Sea salt – a pinch

1 cup sour cream

½ cup coconut milk

½ cup coconut oil or butter, melted

4 large eggs

2 teaspoons vanilla essence

2 cups finely grated carrots

1 cup chopped pecans or walnuts

ICING INGREDIENTS

1 cup cream cheese (Neufchatel) at room temperature

1 teaspoon fresh lemon juice

Optional: 1/8 teaspoon stevia powder or 2 teaspoon honey

CAKE RECIPE

Pre-heat oven to 160C/325F (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). Grease a 25cm (10") square baking pan.

Mix the coconut flour, sweetener, flax seed, orange zest and spices in a bowl. In a separate bowl, beat the cream, coconut milk and oil/butter, eggs and vanilla essence. Pour it into the bowl of dry ingredients and beat until well

mixed. Gently stir in the carrots and nuts by hand, and pour the cake batter into the baking pan.

Bake for 60 minutes, or until a skewer comes out clean. Remove from oven and cool.

ICING RECIPE

Blend the icing ingredients thoroughly and spread over the cooled cake.

Cheesecake

6-8 serves

CRUST INGREDIENTS

1 ½ cups ground pecans/walnuts/hazelnuts

½ cup dates (optional)

¼ cup honey or maple syrup, or ½ teaspoon stevia powder, to taste

½ cup coconut oil or butter, melted

1 small-medium egg, lightly beaten

1 teaspoon vanilla essence

½ teaspoon ground cinnamon

FILLING INGREDIENTS

2 cups cream cheese (Neufchatel) at room temperature

1 cup thick sour cream

¼ cup honey or maple syrup, or ½ teaspoon stevia powder, to taste

3 large eggs

1 tablespoon fresh lemon juice

1 tablespoon grated lemon zest

2 teaspoons vanilla essence

CRUST RECIPE

Pre-heat oven to 180C/350F (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). Grease a 25cm (10") square baking pan.

Thoroughly mix the crust ingredients in a large

bowl. Press the batter into the bottom of the baking pan and 4-5cm (1 ½ - 2") up the sides.

Bake for 15 minutes or until before the edges start to turn golden. Do not over-cook. Remove from the oven.

Lower the oven's temperature to 160C/325F.

FILLING RECIPE

Blend the cream cheese and sour cream together at low speed. Add the remaining ingredients and blend or beat thoroughly.

Spread the filling into the crust and return to the oven for 50 minutes at 160C/325F. The centre should be slightly firm, and the top not quite starting to brown.

Remove from the oven and cool on a rack.

Optionally refrigerate before serving.

Suggestions:

Make a chocolate cheesecake by adding ½ cup of cacao powder to the filling, and garnishing the top

with shaved dark chocolate after cooking.

Make a berry cheesecake by stirring in a handful of fresh or well-drained frozen berries in the filling after you have finished blending. Top it before serving with a few extra berries.

Moist orange lemon cake

10 serves

CAKE INGREDIENTS

3 cups freshly ground wholemeal spelt or rye flour

½ cup hazelnuts

2 cups kefir and/or ½ cup sourdough starter

¼ cup of warmed butter or olive oil

2 large free-range eggs

¼ cup raw honey or maple syrup, or 1 teaspoon stevia powder to taste

2 tablespoons grated orange and/or lemon rind

½ teaspoon vanilla essence

¼ teaspoon sea salt

SYRUP INGREDIENTS

1 cup orange AND lemon juice (the syrup needs to be acidic)

¼ cup raw honey

3 tablespoons whey (page 131)

1 tablespoon brandy OR 2 tablespoons port/sherry (optional)

CAKE RECIPE

Use a 23 cm (9") baking dish

Mix all the cake ingredients except the flour in a food processor until they are a smooth consistency. Gradually add the flour until the batter is thick and creamy. You may need to add a little tepid water, or more flour to get the right consistency.

Put the batter in a coconut oil greased baking dish. Cover it with a damp cloth, and leave it in a warm place (20–25C) for 12–24 hours. It should about double in size.

Bake at 170C/335F for 35–45 minutes, until a skewer pushed into the middle of the cake comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

SYRUP RECIPE

Mix all the ingredients and pour them over the cooled cake. Ensure the cake is cool and

the syrup is not heated over 35C/95F or you will kill the microorganisms and destroy the enzymes in the mixture. You can prick the cake so the syrup is absorbed in the centre.

Cover the cake with a cloth and leave it for 24 hours, then refrigerate. Serve chilled with thick kefir or cream.

Nut shortbread / cracker / biscuit

4-6 serves

2 cups of ground nuts (almond / hazel / pecan / walnut)

4 tablespoons butter

Optional: 1 tablespoon of raw honey or maple syrup.

Optional: pinch of cinnamon, nutmeg, herbs, paprika, cayenne or black pepper.

Optional: coarse sea salt, poppy seeds or a small pinch of caraway seeds on top.

Mix the ingredients thoroughly and roll out the dough on a board dusted with nut meal. Cut into squares and place on oiled baking paper. Bake in a pre-heated oven for 10-15 minutes at 150C / 300F.

Orange & potato cake

8 serves

2 oranges

2 medium potatoes, peeled

2 tablespoons butter

2 eggs

2 cups of almond meal

2 tablespoons honey or maple syrup

Thick kefir or cream to garnish

Simmer the whole oranges in a saucepan of filtered water for 1-2 hours.

Cook the potatoes, and mash them with the butter.

When the oranges are soft, cut them into pieces and remove the seeds. Blend them until smooth in a blender or food processor. Blend in the eggs and honey. With a spoon, fold in the mashed potato and almond meal.

Pour into an oiled 23 cm (9") round springform cake pan. Bake in a pre-heated oven at 180C/350F for 50 minutes. Stand for 5 minutes before turning onto a wire rack to cool.

Serve with thick kefir or cream.

Note:

You can use the pulp left over from making almond milk (page 111) for the almond meal.

Rich fruit cake

25 cm/10" round springform cake pan

Ingredients – Fruit and nuts

½ cup currants or sultanas

½ cup cherries

½ cup prunes

½ cup raisins

½ cup pineapple pieces

½ cup hazelnuts, chopped

½ cup walnuts/pecans/brazils or skinned almonds, chopped

¼ cup dark ale or stout

¼ cup rum/brandy/sherry/port

¼ cup whey (page 131)

1 tablespoon blackstrap molasses

Ingredients – Cake batter

4 cups freshly ground rye or spelt wholemeal flour

¾ cup of warmed butter

½ cup sourdough starter

½ cup grated beetroot or carrot

4 free-range eggs

¼ cup raw honey or maple syrup

2 teaspoons cinnamon powder

1 teaspoon ginger powder

¼ teaspoon grated nutmeg

¼ teaspoon cardamom powder

¼ teaspoon ground cloves

½ teaspoon sea salt

Mix the "Ingredients - fruit and nuts" in a bowl, cover, and leave to ferment in a warm place (28C/82F) for 12–24 hours.

Put the "Ingredients - cake batter" in a food processor and make a smooth batter. Stir in the fermented fruit and nut mixture. If necessary, add a little cold water to adjust it to a cake batter consistency.

Grease the cake pan with coconut oil, and line it with oiled greaseproof paper. Pour in the batter, cover, and leave it to rise in a warm place (28C/82F) for 12–24 hours. It should rise by ½ to ¾, so ensure there is enough space in the tin.

If you bake the cake when it has risen by this amount, it should rise a little more in the oven and give it a nice top. However, if it has already doubled in size when you put it in the oven, then the yeasts may be spent and it may collapse a little. If it has not risen at all after 24 hours, bake it anyway. It will probably rise a little in the oven.

Bake at 180C/350F for an hour, or until a skewer pushed into the middle comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

After taking it out of the oven, leave it for half an hour before attempting to get it out of the tin and placing it on a rack to cool.

Notes:

This is not really a long-life food, with its high natural sugar content. However, it is an excellent cake for special occasions.

Serve with kefir or double cream.

To store the cake wrap it in a clear plastic film and put it in a cool place. If you want to be really decadent, and also store the cake for months, skewer a few holes in the top of the cake and pour in ¼ cup of brandy or other liquor. Even without the brandy, 1–2 months storage improves the taste.

Zucchini bread

10 serves

3 cups freshly ground wholemeal spelt, kamut or whole wheat flour

2 cups kefir and/or ½ cup sourdough starter/or 2 tablespoons whey (page 131)

½ cup walnuts or pecans

¼ cup of warmed butter or olive oil

3 large free-range eggs

½ teaspoon sea salt

1 teaspoon potassium bicarbonate (rising agent)

¼ teaspoon nutmeg

½ teaspoon allspice

½ teaspoon cinnamon

¼ teaspoon ginger

2 zucchini (the size of large bananas) cut into julienne (matchsticks)

Use a 23 cm (9") loaf pan

Mix the flour with the kefir or starter. Add enough filtered water to make it a batter consistency. Cover and leave for 12–24 hours at a temperature of 20–25C (68–77F).

Blend the remaining ingredients except zucchini in a blender. Leave the nuts in small pieces. Stir the mix into the batter, stir in the zucchini, and pour into a coconut-oiled loaf pan.

Bake at 180C/350F for 90 minutes, or until a skewer pushed into the middle of the cake comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Tarts

Crust, nut–seed (raw)

25 cm/10" pie dish/plate

1 cup nuts and seeds (see Notes below)

¼ cup dried figs, raisins, sultanas or dates (don't soak)

½ teaspoon tamari (or non-sweet soy sauce)

½ teaspoon finely chopped citrus peel

¼ teaspoon cinnamon or nutmeg powder

¼ teaspoon turmeric powder

Soak the nuts and large seeds for 7 hours. Rinse them and leave them to dry. If they are wet the crust will be mushy. Chop the nuts into small pieces, or briefly process the nuts and seeds in a food processor. Do not over-process or the crust will be mushy.

Mix all the ingredients, and press them into a cake tin to form an even crust.

Notes:

The best nuts to use are walnuts, pecans and hazelnuts. The best seeds to use are sunflower or sesame, or a blend with poppy seeds. Try to include at least some nuts in the mix.

Experiment with other spices such as pumpkin pie spice, or allspice.

You can omit the dates and dried fruit, and instead use 2 tablespoons of maple syrup or raw honey.

Crust, nut–seed (cooked)

25 cm/10" pie dish/springform pan

Follow the above recipe for Crust, nut–seed (raw). Also add 1 tablespoon of coconut oil.

Hazelnuts and walnuts go particularly well in the cooked version.

After pressing it into a coconut oil greased pan, cook it in a pre-heated oven at 180C/350F for 15 minutes, until it is just starting to turn golden. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Coconut custard tart

8 serves

Crust, nut–seed (cooked) (page 94) in a 25 cm/10" pan. Have the tart crust ready before you start on the filling. The cooked crust gives the most conventional result – the raw version is optional.

The filling is the same as for the Almond custard recipe (page 96), except add ½ cup of flaked coconut. Taste it while it is still in the pot before it starts to set, in case you want to add a little more maple syrup/honey.

Optional. When the tart is completed, sprinkle some more flaked coconut on top and grill it. Use a low to medium grill, and watch it carefully because it turns from golden to burned within seconds.

Glace apricot (or other fruit) tart

8 serves

Crust, nut-seed (cooked) (page 94) in a 25 cm/10" pan. Have the tart crust ready before you start on the filling. The cooked crust gives the most conventional result – the raw version is optional

1 kg (2 lbs) tree-ripened apricots (must be ripe), halved and pips removed

2 cups of apple juice

5 tablespoons agar flakes / 5 teaspoons powder

2 teaspoons fresh ginger juice

1 teaspoon cinnamon powder

1 teaspoon tamari (or non-sweet soy sauce)

¼ cup kuzu dissolved in ¼ cup water

Arrange about ¾ of the apricots to cover the tart crust.

Gently heat the apple juice and dissolve the agar. Add the remaining quarter of the apricots to the agar mixture, and cook them for a few minutes until soft.

Add all the other ingredients, stirring constantly. As soon as it starts to thicken, turn off the heat and pour over the apricots in the tart pan. Chill to set.

Notes: you can optionally skin the apricots by plunging them into a pot of boiling water with a slotted spoon for a few seconds, until the skins split. They then peel off easily.

You can use a variety of other sweet fruits such as pears, cherries, strawberries and other berries. Peaches and acidic fruits stop the agar from setting.

Lime tart

8 serves

Crust, nut-seed (cooked) (page 94) in a 25 cm/10" pan. Have the tart crust ready before you start on the filling. The cooked crust gives the most conventional result – the raw version is optional.

The filling is the same as for the Almond custard recipe (page 96), except add ¼ cup of fresh lime juice, and an extra tablespoon of kuzu. You may also want to add an extra tablespoon of maple syrup/honey, depending on your taste.

Sweet potato pie

This is one of my favourites – it has a surprisingly light consistency.

8 serves

Crust, nut-seed (cooked) (page 94) in a 25 cm/10" pan. Have the crust ready before you start on the filling. The cooked crust gives the most conventional result – the raw version is optional

2 cups sweet potatoes

1 free-range egg

2 tablespoons butter

$\frac{3}{4}$ cup of thick, full-fat cream

1 tablespoon maple syrup or honey

1 teaspoon vanilla essence

$\frac{1}{2}$ teaspoon ginger powder

$\frac{1}{2}$ teaspoon cinnamon powder

$\frac{1}{2}$ teaspoon ground nutmeg

$\frac{1}{2}$ teaspoon sea salt

Cut the sweet potatoes into 1 cm ($\frac{1}{2}$ ") cubes, and bake or steam them until they are soft.

Drain well – you do not want any extra water.

Mash them in a bowl.

Lightly beat the egg, stir into the sweet potatoes.

Stir in all the other ingredients. Pour into the tart pan on top of the cooked crust.

Bake in a pre-heated oven at 190C/375F for 45 minutes, or until a skewer pushed into the centre of the pie comes out clean. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's).

Serve warm or soon after cooling and setting, with thick kefir or cream.

Puddings

Almond custard

4 serves

2 tablespoons agar flakes / 2 teaspoons powder

$\frac{1}{2}$ cup filtered hot water

2 cups almond milk (page 111)

2 tablespoons maple syrup or raw honey

2 tablespoons kuzu dissolved in $\frac{1}{4}$ cup cold water (no lumps)

1 teaspoon vanilla extract

$\frac{1}{2}$ teaspoon tamari (or non-sweet soy sauce)

Dissolve the agar in a saucepan of hot water.

Bring to a gentle boil and add the remaining ingredients. Keep stirring. As soon as it starts to thicken or boil, turn off the heat and pour into a bowl to set.

Serving suggestion: with strawberries, banana, kiwi fruit, or berries.

Berries and cream

4 serves

1 cup nut milk (page page 111), made thick like a cream

1 cup thick kefir. Alternatively, use a store-bought sour yogurt

½ cup berries

Mix the nut milk and kefir together. Spoon into serving bowls, and carefully garnish with berries on the top.

Butternut pudding

6 serves

1 large butternut squash about 1 kg/2 lbs (sweet potato is also good)

3 tablespoons kuzu dissolved in ½ cup of water

¼ cup maple syrup/honey

1 cup of thick, full-fat cream

1 teaspoon vanilla extract

½ teaspoon ginger powder

½ teaspoon cinnamon powder

¼ teaspoon ground nutmeg

½ teaspoon sea salt

Cut the butternut into 1 cm (½") cubes, and bake or steam them until they are soft. Mash them in the cooking pot, add the kuzu and stir gently on the lowest heat setting for 3 minutes.

Add the remaining ingredients and mix well.

Spoon into parfait cups and chill. Serve with a garnish of thick kefir or cream.

Chocolate mousse (vegan)

4-6 serves

This chocolate mousse is brilliant – it tastes just like the real French thing made with egg yolks and cream (egg yolks and cream are nutritious foods, please use them).

1 cup almond milk (page 111)

¼ – ½ cup unsweetened organic cocoa/carob (see note below)

2 tablespoons maple syrup or raw honey

1 tablespoon tahini

1 teaspoon vanilla extract

½ teaspoon tamari (or non-sweet soy sauce)

1 tablespoon agar flakes / 1 teaspoon powder

2 tablespoons kuzu or arrowroot dissolved in ½ cup cold water

Blend all the ingredients except the agar and kuzu

Gently heat the agar in half a cup of water, in a pot, stirring until it dissolves.

Pour in the mixture from the blender and bring to a simmer. Turn down the heat.

Add the kuzu mixture, stirring constantly. As soon as it starts to thicken, turn off the heat and pour into bowls. Chill.

Note: The richest, most authentic recipe uses half a cup of good black cocoa. If you like black chocolate, it's divine. If it's too strong, cut back to ¼ cup. A long-life option is to use carob, which is delicious, but – it's carob, not traditional chocolate mousse.

Crème caramel

1 serve

1 egg

3 tablespoons water

1 teaspoon honey

Pinch of nutmeg

Beat the egg, water and honey until well mixed. Pour into a shallow ramekin dish (or similar ceramic or terra cotta dish) using one small dish per serve. Dust a little nutmeg on top – use less rather than more, it can quickly become overwhelming. Bake for 30-40 minutes in a pre-heated oven at 150C / 300F.

Russian custard

1 serve

2 egg yolks

½ - 1 teaspoon raw honey

Whip the egg yolks and honey until they go thick and a light creamy colour. This makes a delicious, highly nutritious, and easily-digestible dessert. Serve it with fruit or nuts, or use it like a thick cream.

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Elixirs for youth & healing

Ginger tea

Grate or pound about 2 teaspoons fresh ginger. Put it in a mug and fill with boiling water. Stir and leave for a minute.

This drink will warm your body, stimulate digestion and relieve gas. Ginger is a long-life spice.

Honey & cinnamon

½ teaspoon raw honey

¼ teaspoon cinnamon powder

1 glass of warm filtered water

Mix together and sip slowly.

Notes:

You can drink this elixir at once, or throughout the day.

The combination of honey and cinnamon has a powerful effect. It enhances your immune system, combats many infections, and heals a wide range of diseases. Use it for arthritis, colds, 'flu, and of course longevity.

Warning – do not consume large quantities of cinnamon long term – it is hard on the liver. If you take this drink daily, give it a break after a couple of months, or if it does not feel delicious and nourishing as you drink it.

You can make a paste of equal parts of honey and cinnamon to use on your skin. Try it for all kinds of skin problems, and see if it works for you.

Turmeric miracle drink

Here is the recipe for a fountain-of-youth drink that I use.

½ teaspoon of blackstrap molasses (or less, according to taste)

2 tablespoons of apple cider vinegar (ACV)

¼ teaspoon baking soda

Pinch of cayenne pepper

¼ teaspoon turmeric powder

Stir the above in a glass of warm water

Notes: the molasses is rich in minerals and a great skin purifier. However, you may need to avoid it or substitute stevia if you suffer from candida or diabetes.

The ACV will make your skin glow. Turmeric is an antioxidant herb with numerous healing properties – detoxifying, digestive, and skin enhancing. Baking soda alkalizes the formula to protect your teeth from the acidity as you drink it.

Turmeric & pepper tea

2 teaspoons turmeric powder

Pinch of black pepper

½ teaspoon honey, to taste

Put the ingredients in a mug, and slowly add warm water whilst stirring.

Try this drink to strengthen your immune system.

Vegetable & fruit juices

Introduction

The big benefit of juices is that you get a lot of nutrients in a form that is easy to digest. It is easier on your digestive system to drink a glass of juice than it is to eat and digest the same volume of solid produce. Juices give your body rapid access to nutrients, whilst at the same time giving your digestive system a vacation.

The problem is that fruit and carrot juices are also full of sugar – a glass of orange juice contains as much sugar as a candy bar. Try to limit juices made from fruit and sweet vegetables like carrot and beets to a glass a day, and avoid them if you are overweight or suffering from candida, unstable energy levels or hunger pangs. In this case vegetable and herb juices are a better option.

It is a good idea to dilute juices with water. Try drinking them slowly, spread them over the day. Experiment to find what feels best for you.

What juicer to use?

Try to buy a low-speed hand or electric juicer. Hand juicers make an excellent juice, but can be a bit tedious if you juice a large quantity every day. Low-speed electric juicers have a slow-spinning auger that squeezes the juice out, rather than grating and using centrifugal force. The slow juicers are more adept at producing juices from a wide range of soft and hard produce. Some models can extract juice from grapes and other soft fruits, wheat grass and other leaves, and hard vegetables. Others have an attachment that can make butters from nuts and beans, or even pasta. In contrast, the

high-speed juicers work best with carrot and celery, and have no success extracting the juice from soft or leafy produce.

High-speed electric juicers destroy a portion of the enzymes and other nutrients in the juice. The steel grater that pulverises the fruit or vegetable is spinning so fast that it generates heat on its working surface. The temperature of the juice is raised for a few milliseconds. If you do not have a slow juicer, juice from a high-speed juicer is still a good drink.

What to juice?

Vegetables and herbs are good because they tend to have lower sugar levels.

Cabbage, celery, cucumber and zucchini all make a good base for your juice. They are not too sweet or too bitter, so you can use a larger proportion of them in your daily juice.

Kale, parsley, spinach, string beans, edible weeds, other green leaves and many herbs can all be used. If you find them too bitter to start with, add a little fruit or carrot juice until you get used to the flavour. Also dilute the juice with water. If something tastes too bitter, your body probably only needs small quantities. Pay attention to how you feel after drinking them. Vary the juices, and use what is available and in season.

Sweeter juices include apple, beet, carrot, grape, orange, pear, pineapple, tomato, watermelon and other fruits. By all means use them and enjoy them – just be aware that they are high in sugar.

I put a piece of ginger in my juice almost every day. Ginger is renowned as a rejuvenating and long-life spice; it is also warming and a digestive stimulator. I love the taste, and it continues to feel good in my juice.

Sprouts add a high level of enzymes to your juice. Experiment with sprouts, discover what you can sprout in your micro-climate and with what seeds are available. Alfalfa, buckwheat, clover and sunflower are popular choices.

Carrot juice and cream

Try making a glass of carrot juice and stirring in a tablespoon of cream. Use the best, full fat, and preferably raw cream that you can find.

This combination lets your body create as much vitamin A as it needs, and has been used in the treatment of many diseases. Sip it slowly and enjoy.

Green drink

This is a wonderful drink for healing, especially if you are dealing with a serious illness. Also use it for rejuvenation.

½ tray sunflower sprouts

¼ – ½ tray buckwheat sprouts

Green vegetables – cabbage, celery, cucumber, edible weeds or other dark green leaves

Optional – garlic, ginger, onion and fresh herbs

Notes:

Ideally, this drink is half sprout juice and half green vegetable juice. If you find it bitter at first, add some carrot juice until you become accustomed to it. Celery juice is a little sweeter and less bitter too.

Many juicers do not get much of the juice out of the sprouts. If the sprout's pulp is still wet, put it through a second time (you should not do this with other pulps). Alternatively, squeeze the sprout pulp through a cloth.

Wheat grass juice

People who drink a small glass of wheatgrass juice regularly have enjoyed rejuvenation, improved health, detoxification, rapid healing of injuries and infections, and recovery from degenerative diseases.

You drink the juice from a tot-sized glass, on an empty stomach. The nutrients in the juice are so powerful that the effect of knocking back a tot is almost heady. If you are not used to it, or your body is out of shape, acidic and toxic, it can make you feel ill. So work up to it slowly.

Some people take a tot or even two tots every day. Others take it twice a week. Listen to your body.

Green grass juices contain chlorophyll, formed by the sun in the leaves of plants, and renowned as a blood cleanser. Green juices are high in selenium, which assists in the elimination of heavy metals such as lead, mercury and cadmium. They are rich in enzymes, vitamins, minerals, phytonutrients and antioxidants.

The best green juices are made from grass that has been cut and juiced in the last few minutes. You can grow and juice grasses yourself, using a manual or a slow electric juicer. To make your own green juice, plant wheat, barley, corn, millet, oats or rice seeds in shallow soil in a planter box. The best time to harvest the shoots is after 5–12 days, just before the shoot joints to form a stem and leaves – this is when the nutritional bounty is at its peak.

You can buy green powders that you mix with water, which are obviously not as good as the fresh juice. There are juice bars springing up around most cities.

Kombucha

A delicious youthing drink

Kombucha (KT) is a delicious healing and detoxifying drink that you can make yourself. Its cost is insignificant, as it is made from only a little tea and sugar. It has a reputation for healing hundreds of different ailments, and is renowned as an anti-ageing treatment and secret to retaining youthful looks. It is an effective chelator that removes heavy metals and a wide range of other toxins from your body. People who drink it seem to be healthier and younger-looking than the rest of the population.

KT is a tonic, complete therapy and preventative medicine. You can drink it, applying it topically as a compress, add it to your bath, and make it into a cream that heals leg ulcers and fungal nail infections. I sometimes use it in cultured food recipes as a starter, or in marinades. You can use it with animals, and in the garden.

The kombucha culture does not break down the **caffeine** in the tea. If you want a low-caffeine kombucha, then make it with decaffeinated tea, green tea or other low-caffeine teas like oolong or kukicha (twig tea). They all work well – I make my KT with Gunpowder green tea. Similarly, KT does not break down the **oxalic acid** in the tea. This is yet another reason to use green tea, which has only 10–20% as much oxalic acid as black tea.

History

The earliest record of Kombucha seems to have been in 414 B.C. in Korea. It showed up in China in 221 B.C. during the Tsin Dynasty, and soon found its way into Japan, Russia and India. In Russia, it became established as an effective folk medicine in many rural communities.

After World War II, Russian researchers were looking at why cancer appeared to be on the increase in their country. They found that two particular areas of the country stood out like neon signs because they were almost cancer-free. The people in these areas also lived longer, regardless of the fact that alcohol and tobacco consumption was higher there. They reported that the men of the region used to drink large quantities of Kombucha before their drinking bouts. This was the first modern scientific evidence that KT is indeed an immune system booster and body detoxifier. In the 1950's it re-surfaced when Soviet doctors discovered whole communities that had apparently been protected from dangerous environmental pollution by KT.

KT became popular in Japan after World War I. Visitors to areas where the tea has been consumed for generations are surprised to see that the women are virtually unwrinkled, with few other visible signs of ageing. Samurai warriors used to keep KT cultures in field flasks, regularly topping them up with fresh tea and sugar. The tea is again widely used in Japan. Today, at least six million people around the world brew KT, and several times that number drink it.

Benefits

Most people feel better after a month of daily use, some much sooner. The first improvement is usually increased energy, and better skin colour. People with difficult long-term illnesses such as arthritis, rheumatism, eczema, acne, allergies, chronic fatigue syndrome, digestive disorders, high blood pressure, poor circulation, high cholesterol and cancer have found help with KT.

KT is an excellent preventative and maintenance tonic. It will increase your stamina, and reduce muscle pain and fatigue. It encourages the growth of good bacteria in your intestines. It is great for your digestion, and has blood thinning qualities. KT improves your skin elasticity; people using it report a reduction of wrinkles, scarring, freckles, brown age spots and rashes. It helps eliminate heavy metals (lead, mercury and cadmium) and poisonous products of the petroleum industry from your body. It acts as a natural antibiotic, and combats depression.

How much to drink?

Remember that KT contains a high proportion of acetic acid, similar to vinegar. I suggest you should not drink it in large quantities just because it's delicious and you are thirsty.

When and how much to drink varies with different people; pay attention to the effect on your body. Many people drink KT in the morning, before breakfast.

Kombucha is a powerful detoxifier. When you start using it, drink a small amount, and drink more water during the day. Perhaps start with ¼ cup, and watch for any effects. Some people notice gas, stomach-ache, nausea, fatigue, pimples, rashes, diarrhoea, or a headache. These effects are temporary, normal, and the result of beneficial bacteria repopulating your gut, and the movement of toxins into your bloodstream. Additional water helps excrete these toxins as

quickly as possible. People with disease or severe toxic conditions may experience a healing crisis if they drink too much too soon.

I would suggest drinking a maximum of half a litre (2 cups) per day as a preventative. If you drink more for a specific ailment, then cut back later. Large quantities of KT can be quite hard on your liver over several years or in high doses. Give KT a break for a month or two each year. After several years of drinking it, take an even longer break.

Children can drink Kombucha, in quantities adjusted for age or weight. You can also dilute it with water.

Do not drink Kombucha before or during pregnancy, because of the alcohol it contains (up to 1%).

Kombucha recipe

You make Kombucha with sugar, tea and a culture. Its taste can range from something similar to champagne, a refreshing light wine, to strong apple cider vinegar, depending on the amount and acidity of the starter, the fermentation time, the amount of sugar and type of tea that you use. An older, tart brew is more acidic and has a higher level of healing properties than a young, mild and slightly sweet brew.

You need not be too concerned about using sugar. In a typical brew only 3% of the sugar remains. 97% of the sugar is consumed and converted by the culture.

Where to get a kombucha starter. First, you need a starter in the form of a pancake-like mushroom, and some live KT tea. You can get a starter from a friend already brewing Kombucha, search for a source on the internet, or check www.growyouthful.com

RECIPE

For 1 litre (1 quart) of KT you need:

60–90 grams (2–3 oz) of white or raw sugar

3–5 grams (0.1–0.2 oz) of tea leaves (2 tea bags)

¼–½ cup of KT from a previous brew (up to 10% as a starter, depending on its strength)

A piece of kombucha mushroom up to half the area of the bowl

Boil the water and the sugar. Tap or spring water is fine, but not distilled or reverse osmosis filtered water, because the brew needs the minerals found in most water. Add the tea, and leave it to sit for at least ten minutes before removing the tealeaves or bags. I usually leave them in until it is completely cool.

When your tea is at room temperature, you can pour it into your brewing bowl and add the mushroom and the starter. It is important that it has cooled completely – if it is above 35°C, you can kill the starter. Cover it with a clean cloth that lets it breathe. Put it in a quiet place out of sunlight, where it will remain at a stable temperature between 23°C and 30°C. Use a bowl made from glass, china, enamel or glazed terracotta. Metal, lead crystal and cheap plastic are unacceptable. KT reacts strongly with any metal, and can take up toxins from some plastics. The bowl should have a wide top for good breathing.

Within a few days, a clear or translucent thin skin will start to form on the top of the liquid, and it will smell fermented. The brewing time depends on the temperature, and your taste requirements. After 6–12 days, the new mushroom culture will be a centimetre thick, and grey, cream or peach coloured.

Before you bottle your brew, remove the mushroom culture that has formed on the top, and keep a saucer-sized piece of it for your next brew. Also keep some of the brew as a starter.

Stir up the sediment that has formed in the bottom of the bowl, and then bottle it in glass bottles, tightly capped. The sediment contains yeasts that make it fizzy. It needs a day or two after bottling to build up enough pressure to make a fizz. I put it in the fridge for a few hours before serving, otherwise the froth overflows when you open it.

You may wish to pour it through a tea strainer before drinking it, to filter out the (harmless) stringy growths and remnants of the culture. However, if you pour it carefully it is usually

clear.

Making Kombucha has almost as many variables as does making wine. The longer it is left, the sourer it will become. The more starter you use, the more acidic you make it. You can use a variety of teas such as ordinary black tea, oolong or green tea. I prefer green tea because it is particularly nutritious. Green tea also gives a slightly milder flavour to the brew. Generally, the finest teas make the best brew.

Do not add other ingredients to the brew. Thousands of enthusiastic brewers have experimented over the years, and keep coming back to the basic ingredients of sugar, water and tea. Do not add vitamins, preservatives, other yeasts, real mushrooms, artificial sweeteners, oxygen drops, fresh or dried fruit, coffee or anything outside the basic guidelines.

Normal kitchen hygiene is OK – your equipment does not need to be sterile. Mould can form if the brew is not acidic enough – usually because insufficient starter was used. It can also form because of poor hygiene or cigarette smoke. If there is any mould on your culture, throw it away, and do not risk drinking it. Other factors which can spoil a culture are sunlight, contact with metal, insufficient air, or water with no minerals in it (distilled or reverse osmosis filtered).

Bad brew. KT can become infected with a variety of other microorganisms, depending on the environment and conditions under which it is brewed. The acidity of KT will normally protect against harmful microorganisms, but if you suffer any negative symptoms when drinking KT there is a small possibility that your brew has been infected. When infected, it will smell or taste unpleasant.

Lacto-fermented drinks

Introduction

These lacto-fermented drinks are based on traditional recipes that have been used for hundreds or thousands of years. They are nutrient-rich, and supply good bacteria not only for your digestive system, but also for your health and longevity. They have many healing and strengthening properties, and are excellent to drink during the day, to take with meals, or to relieve thirst during sports or physical labour.

Grains and vegetables produce pleasantly acidic drinks with complex flavours, especially if you age them for a few weeks or more. You can produce drinks from fruits, grains and a wide range of vegetables.

Most of these drinks have traces or low levels of alcohol. You can minimise alcoholic fermentation with the addition of whey (page 131) and sea salt.

Several of these drinks use sugar in their recipe. Sugar is the root cause of rapid aging and many degenerative diseases. It is essential that virtually all the sugar in these recipes is used by the bacteria and yeasts. If they taste sweet and sugary do not drink them. When properly-made, they should have just a hint of natural sweetness, balanced with tart acids and complex flavour. Traditional recipes use Rapadura, palm sugar and other less processed forms of sugar. If you can get them, use them. However, I feel it is quite acceptable to use cheap white or raw sugar in fermented drinks. The essential point is that very little sugar (perhaps 3%) should remain in the drink. Interestingly, years of research on kombucha has shown that white or light coloured raw sugar produces the best results.

Do not use honey as the sugar for lacto-fermentation. Being a natural antibiotic, it does

not usually ferment very well.

If there is sugar remaining when you bottle the drink, it will continue to ferment in the bottle and build up pressure. Most people enjoy a sparkling drink and it is good to have a little effervescence, but the healthiest drinks are those with very little sugar remaining.

Try to use glass bottles with plastic screw caps, similar to the bottles that good quality sparkling mineral waters are sold in.

Bottles, bowls and equipment should be washed and clean, but there is no need to sterilise them.

The modern approach is to serve drinks chilled, but the healthiest way to drink most of these beverages is at room temperature, or even slightly warm.

Kahm yeast. Lacto-fermented drinks and sauerkraut often develop a white, velvety or powdery looking yeast or scum on the surface. It is not harmful, but does not improve the flavour. If it develops, skim it off the surface of the liquid. Discard any solid matter that has it. As usual, your senses are the test – if it smells and tastes OK, it probably is.

Kahm yeast is likely to develop if your brew is insufficiently acid, especially when you start it; there is not enough salt; it is too warm; or from poor hygiene or over exposure to the air.

Apple cider

1 litre (1 quart) organic unpasteurised apple juice (see Note)

¼ cup whey (page 131)

½ tablespoon sea salt

If necessary, strain the juice and skim off the foam.

Put the juice in a glass/ceramic crock or bowl, stir in the salt and whey. Cover with a cloth and leave at room temperature (around 25C/77F) for 3 days.

Skim off any foam and bottle in glass bottles with tight screw caps. Delicious flavours will develop over weeks and months. It may build up pressure in the bottle, which will cause effervescence. If there is too much sugar there is a danger the bottle may explode.

Notes:

It is important that the apple juice is not pasteurised. If you cannot buy it, make your own by juicing the apples in a slow juicer. Allow about 1½ kg (3 lbs) per litre/quart.

Drinks made with sweeter ingredients such as cider tend to have a little more alcohol.

Beet kvass

Makes 2 litres (2 quarts)

2 large organic beetroots, chopped 1 cm (½")

¼ cup whey (page 131)

1 tablespoon sea salt

2 litres (2 quarts) filtered water

Optional: 5 cloves of garlic, peeled and chopped in half

Optional: 2 teaspoons freshly grated ginger

Place the ingredients in a glass/ceramic crock or bowl. Fill with water to cover the ingredients, but leave 2 cm/1" of space at the top to allow for bubbles. Stir well. Cover and leave for 3–4 days at a temperature of 25C/77F.

Notes:

You'll need to experiment a bit, to taste how strong you like it.

Do not grate the beetroot. Grating releases too much sugar too quickly.

Drink half a cup of this traditional Russian living drink in the morning and evening. It is nutrient-dense, a digestive aid, a tonic, and a cleanser. You can also add it to soups or dressings.

For over a thousand years the Russians and East Europeans have made this drink with other ingredients like fermented rye, black rye bread, wheat and barley grains.

You can use other vegetables and fruits to make kvass, feel free to experiment. For example, try apple, berries and ginger. Slice a large apple including the core, grate two teaspoons of fresh ginger root, add ½ cup of fresh berries (like raspberries), and ¼-½ cup of whey. This will make 1 litre of kvass.

Properly-made Kvass contains traces of alcohol, but the level is so low that even children can safely drink it. Grating the beetroot makes it sweeter, promoting yeasts and producing more alcohol.

Rejuvelac

Rejuvelac is an enzyme rich, living drink. It should taste sweet, grassy, subtle and slightly tart, not sour and unpleasant. Sometimes it is slightly fizzy.

Rejuvelac is a rich source of friendly bacteria (*lactobacilli* and others) to heal your digestive system. Drink it as a probiotic digestive aid, a detoxifier, and use it as a 'starter' for other fermented foods such as raw nut and seed sauces, cheeses and Essene breads. I drink it every day in the summer, and always have a bottle in my refrigerator to use as a starter for cultures, and add to many foods that I want to enhance and keep longer.

It is delicious, inexpensive and easy to make. Basically, it is just sprouted grains and water. You can make rejuvelac with whole wheat, oats, rye, barley, millet, buckwheat, rice and other grains. My best results have been with wheat and rye.

2 cups of organic wheat berries (grains) or other whole grains

Spring or filtered water

Step 1 – Sprout the grains

Soak the wheat grains (berries) for about 8 hours after washing them well and discarding any dead, broken or discoloured berries. After the period of soaking, keep the berries damp but not wet. Rinse them 2–3 times per day. The berries will take about 2 days to sprout 1 cm, depending on the temperature, their quality, the water you use and other factors.

Step 2 – Make the rejuvelac

After most of the grains have sprouted nearly 1 cm (½”), pick through them again, discarding those that are black or discoloured, slimy and unsprouted.

Put them in a tall container and cover them with water. Keep the container in a quiet dark place. After two days, pour off the first batch of Rejuvelac. Drink it immediately, or store capped in the fridge.

Add fresh water to the soft seeds so they are

again just covered. After a further 1–2 days pour off your second batch. You can repeat this process a couple of times, with each batch getting weaker, sourer and more insipid.

Sometimes the rejuvelac develops a white bubbly scum on the surface. This is probably kahm yeast, which is discussed on page 106.

Notes:

Warmer temperatures in summer will decrease the fermenting times by as much as a third.

Rejuvelac will store in the refrigerator for weeks or months, gradually getting stronger and more acidic.

Rejuvelac Whey

After you have made the last batch of rejuvelac from your sprouted grains, there is some invaluable juice left stored in them.

If you have a slow-speed juicer, juice the spent grains just like you would any other fruit.

If you don't have a slow-speed juicer, put the spent grains in a blender, along with just enough cold filtered water to make a thin paste. Give it a good blending, sufficient to break all the grains. Pour the mixture into a cloth-lined colander or sieve, and strain into a bowl. Gently squeeze out the cloth into the bowl after most of the liquid has dripped through.

A milky white juice is what you get. You can store it in the refrigerator for months. After a few days it starts to separate, with a clear liquid appearing on the top. This liquid is the rejuvelac whey. It tastes like a strong, sour, acidic rejuvelac.

The creamy white sediment is tangy and sometimes fizzes on the tongue. I take it by the spoonful, and also add it to any cold sauce or dish.

Ginger ale

2 litres (2 quarts) filtered water

½ cup ginger, grated (must be very fresh)

½ cup lemon or lime juice

¼ cup sugar

¼ cup whey (page 131)

2 teaspoons sea salt

½ teaspoon ground cinnamon

Put the ingredients in a glass/ceramic crock or bowl, stir in the salt and whey. Cover with a cloth and leave at room temperature (around 25C/77F) for 3 days. At 2–3 days you can still taste the sugar, but after 3–4 days virtually all the sugar has gone. For the sake of your health do not consume sugar (page 121).

Strain and bottle in glass bottles with tight screw caps. You can keep it for a couple of weeks at room temperature, or many months in the refrigerator.

Notes:

This drink is divine, and my body feels very good when I drink it. After it has been bottled, white sediment settles on the bottom. Shake it up before serving, because this is a valuable probiotic.

If the drink is too strong, dilute it with a little mineral water.

Warning – if you use too much sugar there is a danger the bottle could explode. You can gently slightly release the cap after a few days and see how much pressure there is. If you use too little sugar the ginger ale will be very tart and flat (no effervescence).

Sweet potato fly

2 litres (2 quarts) filtered water

1 teaspoon mace

4 cups sweet potato, cleaned and grated

½ cup sugar

¼ cup whey (page 131)

Zest of half a lemon or 1 lime (grated rind)

¼ cup lemon juice

¼ teaspoon grated nutmeg

¼ teaspoon cinnamon powder

¼ teaspoon ground cloves

½ teaspoon sea salt

The shells of 4 eggs, cleaned and finely crushed, including the membrane (skin on the inside of the eggshell)

Boil the mace in a cup of water; let it cool.

Rinse the grated sweet potato in cold water.

Put all the ingredients, including the mace and its water, in a large glass/ceramic crock or bowl. Push the sweet potato down, so it is all covered with liquid. Cover with a cloth and leave at a cool room temperature (up to 25C/77F) for 3 days.

Strain and bottle in glass bottles with screw caps. Store in the refrigerator or a cool room.

Note:

The skins from the eggshells help repair and rejuvenate your joints.

Nut & grain milks/creams

Introduction

You can make delicious, digestible and nutritious nut or grain milks with your blender. You can use any kind of nut, or a wide range of seeds and grains. I have made milk from sesame, poppy and sunflower seeds, almonds, hazels, cashews, brazils and other nuts.

My favourite is almond milk. I use it in my breakfast porridge, for baking, cooking, making ice cream, custard, sauces and soups, as a drink and in my tea. By varying the amount of water, you can make it as thin as milk or as thick as cream.

The above nut and seed milks are not cooked. If you heat them, it will destroy their “living food” status. Some, such as sesame and sunflower milk, tend to curdle if they are heated.

If you buy skinned almonds, they have probably had their skins removed in boiling water, which means they have been cooked and are no longer a living food.

The oil content of most nut milks is quite high. Unfortunately, they contain mostly polyunsaturated oils, so nut milks are not suitable for use in large quantities every day.

If you keep the milk chilled, it will last for several days before going sour. It will also start to separate, so shake the bottle before use. When it sours, it is still a highly nutritious drink. If you leave it long enough it will curdle. You can put the curds in a cloth, gently squeeze them, and separate them into liquid whey and nut cheese.

You can add a culture such as whey, kefir grains or rejuvelac to the milk, to make it an even more digestible living food. Cultured nut

and grain milks and cheeses tend to store a lot longer, and develop some delicious flavours.

Note: kefir grains will not reproduce in nut or grain milk.

After making the milk, stir in 1 tablespoon of whey (page 131) per litre/quart. You can leave it at room temperature for a faster culture, or put it in the refrigerator immediately.

Warnings:

Nut, seed and grain milks are sold in most supermarkets and health food stores. The commercial nut and grain milks are usually spoiled with added sugars, emulsifiers, stabilisers, thickeners and bad oils.

As explained in the *Grow Youthful* book, nuts have a poor Omega-6 / Omega-3 ratio. Do not rely on nut milks for heavy everyday use, especially if you suffer from skin inflammation, nerve or heart disease.

Coconut milk/cream

1. Solid creamed coconut is sold in the refrigerated section of Asian and Indian stores, and some health food stores. The hard white blocks are a delicious mix of milk and oil. They are convenient to store for longer periods in your refrigerator, and some are available in small sachets.

2. Canned coconut milk. This is one of the few canned products that I recommend, but be careful. First, do NOT buy reduced fat, lite or otherwise processed products. Second, look for products that contain no additives. Third, buy organic.

3. Fresh coconut milk. If you happen to live in a place where you can get fresh white coconut flesh, make it like nut milk (page 111). Unfortunately desiccated coconut often has sugar added to it, especially the shredded coconut sold in supermarkets. If you can find finely ground dried coconut, certified as pure, then this also makes a good milk.

Nut milk

½ cup nuts

3 cups filtered water (for a creamy milk, use less water)

Soak the nuts in water for at least seven hours. Discard the water. Rinse them and then put them in a blender with more water. Blend on high for three to five minutes. This is heavy duty blending – after every couple of minutes, give the motor a rest to let it cool down.

Put a cloth in a colander, and place it over a bowl. Pour the blended mixture through the cloth. After a few minutes, lift up the edges of the cloth, twist and squeeze out the remaining milk. This step is optional – some people like to keep the nut meal in the milk.

Make Almond cookies (page 117) or Orange and potato cake (page 91) with leftover almond pulp.

Note: if you suffer from gout or kidney stones, remove the skins from almonds (page 29).

Oat/barley milk

½ cup of rolled oats or barley

4–5 cups of filtered water

Optional:

1 teaspoon granulated/powdered kelp

½ teaspoon vanilla essence

1 teaspoon maple syrup/raw honey or a small pinch of stevia powder

¼ teaspoon (or less) sea salt

Soak the oats or barley in the water overnight. Follow the Rice milk recipe, except that you only need to cook the grains for 1 hour.

Rice milk

¼ cup rice (preferably fresh brown rice, but others will do)

4 cups filtered water

Optional:

1 teaspoon granulated/powdered kelp

1 tablespoon macadamia oil

½ teaspoon vanilla essence

1 teaspoon maple syrup/raw honey or a small pinch of stevia powder

¼ teaspoon (or less) sea salt

Wash the rice to clean it. Soak it overnight. Bring the rice and water to a boil in a large pot, and add the optional kelp. Turn down and simmer for 2 hours.

Let it cool then pour into a blender with the remaining optional ingredients. You will probably have to do it in two batches. Puree each batch at least 3 minutes to completely liquefy the rice. Add more/less water to vary the consistency.

Most people use the rice milk like this. It is really easy to make. However, if you don't like the grainy bits and want something smooth, you may be able to separate most of it by running it through a fine sieve a few times. Otherwise line a colander with a cloth, and place it over a bowl. Pour the rice milk through. After most of the milk has dripped through, lift up the edges of the cloth, twist and squeeze out the remaining milk.

Keep refrigerated.

Notes:

Rice milk comes out thicker than the other non-dairy milks, and makes very low-cost non-dairy milk. However, it's bland – the basic milk tastes like...rice.

So my advice is this: if you're going to drink it straight or use it with cereal/porridge, then add vanilla and a little natural sweetener. If you're going to use it for cooking however, don't bother. The creamy slightly viscous quality works well in soups, desserts etc.

The kelp acts as an emulsifier and thickener.

Also try adding 1 tablespoon of oil when blending to make richer milk. I have used macadamia oil, which gives it a beautiful sweet taste.

Sesame or poppy seed milk

1 cup sesame or poppy seeds

1 teaspoon granulated/powdered kelp

3 cups of filtered water

Follow the recipe for Nut milk (page 111).

Sprouted grain milk

1 cup of sprouted grain (page 32)

2 cups of filtered water

Blend on high for at least 3 minutes to break up the grains as much as possible. Strain one or more times through a fine sieve. Refrigerate.

Notes:

With sprouted grains you get the benefits of live food enzymes, making them extra easy to digest. They are great for strength, stamina and healing.

This milk will keep in the refrigerator for 1–2 days. Add a teaspoon of whey (page 131) immediately after making to turn it into a culture that will keep much longer.

Sunflower milk

(extra quick)

This milk takes just a couple of minutes to make, is absolutely delicious, and highly nutritious.

1 cup sunflower seeds, soaked overnight and rinsed. Much better if you leave them longer so they are just starting to sprout

4–5 cups filtered water

1 teaspoon raw honey (optional)

¼ teaspoon sea salt

2 tablespoons whey (page 131) (optional)

Blend the sunflower seeds with three cups of water on high for a couple of minutes, to get a smooth mixture. Tip: a thicker mixture blends smoother than a watery mixture. Then add the remaining water and ingredients to make it as thick as you want.

Note:

You don't need to bother to sieve or separate the solid matter in this recipe. However, it starts to separate almost immediately after you bottle it. Just give the bottle a good shake before using it.

If you add the optional whey this milk keeps longer, and separates into a delicious cheesy sour cream and more whey.

Water

Warm water

Drink warm water rather than cold water. It's one of the easiest and most pleasant ways to gain a long life and good health. The first thing I do when I get up in the morning is drink a glass of warm water. I heat the water to body temperature or a little warmer, but not so hot that it is uncomfortable to hold in my mouth. All the water I drink during the day is also warm.

I learned about this long-life technique at a Taoist health centre in Thailand. We were encouraged to drink several glasses of water during the day – always warm. It's a simple, free detox technique. Warm water is a better solvent (after all, you wash the dishes in warm water), and it's also closer to the temperature in your body where digestion and all other processes take place.

When I first started drinking warm water, it felt a bit weird, as we are programmed to drink iced water. It can be difficult to get a glass of warm water in a bar or restaurant. However, after only one day my whole body started to feel warmer, clean and vital. It is clearly an effective way to remove toxins. My urine went a darker colour and my sweat and eliminations took on an unpleasant smell, though this did not last for more than a couple of weeks.

Warm water will sometimes satisfy false hunger. When you are hungry, it helps you prepare for good digestion.

After you adapt to drinking warm water, you will never want to return to drinking iced water. Your improved feeling of wellbeing is too obvious.

The best water

Most municipal water around the world is polluted with chemicals from the environment. Municipalities also add chlorine as a disinfectant. In America, Australia and a few other countries toxic fluorides are added in the mistaken belief that they improve everyone's teeth. For optimum health and longevity, you need to drink better water than what comes out of most taps.

Leave some tap water in a basin for a few hours. You'll find that the chlorine has gone, and the water tastes much better. This is the cheapest and easiest way to improve your water, though many of the pollutants still remain.

Grow Youthful has a section on bottled water and water filters. Read it before you buy bottled water or a water filter, because many of these products are little improvement on what comes out of your tap.

Snacks for some

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Introduction

These snacks are nutritious and high in energy. A few are enough for a full meal, so be aware that snacking on them provides lots of calories. They are not suitable for people who are overweight.

If they are cooked in a dehydrator rather than a hot oven, their enzymes are intact, which makes them easy to digest and a long-life food.

The ingredients are quite flexible, and you can mix and match various dried fruits, nuts, soaked or sprouted seeds, spices and fruit juices.

Crackers/cookies

Apricot almond cookies

Makes 25–30 cookies

1 cup dried apricots

½ cup raisins

½ cup dates

3 tablespoons coconut oil or butter

¼ cup orange juice

2 teaspoons orange zest

½ teaspoon cinnamon

2 cups almonds, skins off, soaked for 8 hours

Mix the all ingredients in a food processor to make sticky, lumpy dough.

With a teaspoon, drop globs of dough onto a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them.

OR

Cook in a pre-heated oven at 150C/300F for about 20 minutes until just turning brown. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). After 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have completely cooled.

Almond cookies

Makes about 40 cookies

2 cups sprouted wheat berries (with a bulge just starting to sprout)

½ cup fresh-squeezed orange juice

2 cups leftover almond pulp (page 111)

½ cup tahini

2 tablespoons maple syrup or raw honey

3 tablespoons kuzu or arrowroot

Zest of half an orange

¼ cup coconut oil or butter

1 teaspoon vanilla extract

1 teaspoon tamari (or non-sweet soy sauce)

½ teaspoon cinnamon powder

Mince the sprouts. The best tool is a slow juicer with the mincing cone attached. You can also use a hand cranked meat grinder or a food processor with an S-blade. If you don't have that equipment, a blender, or a pestle and mortar can do the job.

Add the orange juice slowly to make thick smooth dough. Blend or mix in the remaining ingredients.

With a teaspoon, drop globs of dough onto a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them. Turn them over when half cooked.

OR

Cook in a pre-heated oven at 150C/300F for about 20 minutes until just turning brown. After the first 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have cooled completely.

Coconut carob cookies

Makes about 30 cookies

1 cup coconut, shredded/desiccated (ensure it is sugar-free)

½ cup dates, pitted

½ cup carob powder

¼ cup coconut oil or butter

½ cup freshly squeezed orange juice

2 teaspoons orange zest

Mix everything in a food processor until you have a thick sticky dough.

With a teaspoon, drop globs of dough onto a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them.

OR

Cook in a pre-heated oven at 150C/300F for about 20 minutes until just turning brown. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). After 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have cooled completely.

Fig & walnut cookies

Makes about 30 cookies

2 cups fresh figs, stems removed

2 tablespoons lemon juice

3 tablespoons coconut oil or butter

1 cup walnuts

1 teaspoon cinnamon

Mix the figs and lemon juice in a food processor until the figs are broken down and you have a thick sticky consistency. Add the remaining ingredients and process until the nuts are chunky.

With a teaspoon, drop globs of dough onto a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them.

OR

Cook in a pre-heated oven at 150C/300F for about 20 minutes until just turning brown. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). After 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have completely cooled.

Sprouted grain crackers

Makes 30 crackers

2 cups of sprouted wheat berries

1 cup of sprouted sesame or poppy seeds

1 teaspoon dried herbs (dill, thyme, oregano or mixed)

½ teaspoon sea salt

Mince the sprouts. The best tool is a slow juicer with the mincing cone attached. You can also use a hand cranked meat grinder or a food processor with an S-blade. If you don't have that equipment, a blender, or a pestle and mortar can do the job. Make the smoothest paste you can.

Mix in the other ingredients, form into small balls and put on a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them.

OR

Cook in a pre-heated oven at 150C/300F for about 20 minutes until just turning brown. After 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have completely cooled.

Sweet potato cookies

Makes about 40 cookies

1 cup sweet potato, cooked (pumpkin will also do)

2 cups bulgur flour (see Sprouted grain pasta on page 56 to make your own flour)

½ cup butter, softened

½ cup maple syrup or raw honey

½ teaspoon ginger powder

½ teaspoon cinnamon powder

½ teaspoon ground nutmeg

½ teaspoon sea salt

¼ teaspoon ground cloves

½ cup crispy walnuts/pecans (page 120), chopped

½ cup raisins/sultanas, soaked in water for 30 minutes

Put all the ingredients except the nuts and raisins in a food processor and make a smooth paste. Stir in the nuts and raisins.

With a teaspoon, drop globs of dough onto a coconut oil greased baking tray. You can now dehydrate or cook them – the long-life choice is to dehydrate.

Dehydrate in a dehydrator or very low oven (less than 48C/118F) for 12–48 hours, until crisp. After a couple of hours, press them down lightly with a fork to flatten them.

OR

Cook in a pre-heated oven at 160C/325F for about 20 minutes until just turning brown. (If you choose to use the fan-forced setting on your oven, always set the temperature 20C/35F lower than the recipe's). After 5 minutes of cooking, press them down lightly with a fork to flatten them.

Store in an airtight container after they have completely cooled.

Nuts and pumpkin seeds

Most people can eat a couple of nuts without feeling any effect, but larger quantities tend to be heavy on the stomach. The reason, as explained on page 32, is that nuts and seeds contain natural preservatives which inhibit digestion. After soaking them in water for at least seven hours, these preservatives start to break down.

Soak your breakfast oats or muesli overnight for the same reason.

Nuts – crispy & digestible

4 cups of nuts or pumpkin seeds (pepitas)

1 tablespoon sea salt

Filtered water

Dissolve the salt in enough cold to tepid water to cover the nuts or seeds, and leave them soaking for 7-12 hours in a warm place (roughly 28C/82F).

Drain them and spread them on a baking tray or put them in a dehydrator. Dry them out in a dehydrator or very low oven (less than 40C/104F) for 12-36 hours, turning occasionally, until crisp.

Store in an airtight container.

Notes:

Sea salt speeds up the process of breaking down the natural preservatives, and starting the sprouting. A little sea salt also tastes great with the nuts.

If you are able to dry the nuts at a temperature lower than 40C/104F, their digestive enzymes will be intact, and they are a living food. If you don't have a dehydrator or your oven doesn't go that low, crisp them at the lowest setting in your oven. They will still be an easily digestible food compared to raw nuts.

Cashews are never a raw or living nut, even if they are sold as "raw". Cashews have to be heated during their preparation. Be careful if you soak them, because they can develop an unpleasant taste or become slimy if they are wet for too long. For this reason, I do not recommend cashews for everyday use.

Almonds taste and digest better without their skins.

Nut butter

2 cups of nuts crispy & digestible (see above)

½ cup coconut oil, gently warmed enough to be liquid

1 tablespoon raw honey

1 teaspoon sea salt

Process the nuts and salt to a fine meal in a blender or food processor. Add the coconut oil and honey and process until smooth.

Store in an airtight container in the refrigerator. It will harden when cooled, so use it at room temperature.

Long-life food secrets

Living foods. They are fresh – gathered from a nearby garden or ripe-picked from a local tree. They are organic, from the rich soils of chemical-free farms, naturally-occurring bush or clean rivers and oceans. Sometimes they are sprouted, or fermented, brewed or cultured. All of them are easy to digest, and feed your body with otherwise hard-to-get nutrients.

The further removed your food is from the farmer who grew it, the greater your risk. The best of course, is when you can grow it yourself. If you personally know the farmer who grew it, that's great. Farmer's markets usually have good, fresh produce. The more distant you are from where your food was grown, the more likely that it has passed through warehouses, wholesalers and supermarket chains. The longer the chain, the more likely it was produced on a huge, chemical-input farm, and the more you have to trust that it isn't old, irradiated, biologically damaged or toxic.

Real, living foods actually make you feel happy. They give you health, strength and energy – for couples wanting to conceive, infants, children, teens, young and old adults.

Living foods take time and effort to prepare. However, they cost less money than the foods you buy in a supermarket.

If you use produce that is in-season and grown nearby, you benefit from ingredients that nature has prepared for your climate and season. In winter, use hearty, denser vegetables. In summer, lighter, higher water-content salads and fruits feel better.

Variety. Our early ancestors ate from hundreds, if not thousands of different plants. Even a century ago, farmers grew dozens of different varieties of apples, dozens of different cabbages, carrots, lettuces and hundreds of other fruits and vegetables. Today most have been lost, bred out to those with the highest yields and best storage and handling characteristics. I counted the number of different fruits, vegetables and herbs for sale in a large supermarket – the total

was 70. Today, only 30 crops account for 95% of everything humanity eats, and just three of them (rice, corn and wheat) represent 80% of mankind's food.

Every plant contains toxins. Although the potent toxins have been bred out of the few major crops that we use today, we are subjected to an endless barrage of the same low-level toxins in the foods that we do eat. Our digestive and immune systems are exhausted. We need variety.

Low Sugar. In a survey of people who had reached their one hundredth birthday, the one common factor that the researchers found all these old people had was a low level of blood insulin. Many of them smoked, drank alcohol, had their neuroses, and did not have ideal diets, exercise and lifestyles. But what all really healthy people who age slowly have in common is a steady and low level of insulin. You get this by never, ever, adding sugar to your cooking, foods or drink. Also avoid white or refined flour (cakes, biscuits/cookies, and all breads except genuine sourdough), sweet foods and drinks (including bottled juices, soft drinks/sodas), potatoes and fries, sweets/candy/lollies, and jams.

Moderation. “Oh that meal was so good. I feel stuffed-full. I'll have to loosen my belt.” There is only one rule that all scientists and all the ancient traditions agree will slow your aging – eat fewer calories. The goal is to get enough energy from your food to keep your body slightly on the skinny side of normal weight. Do this with a moderate, nutrient-dense diet. Whoa! I'm not saying that you have to be hungry all the time. Just eat enough living, high-nutrient food that you don't feel hungry. Simple!

Nutrient-dense. Crops produced on huge farms and orchards are low in nutrients. This kind of farming, where chemical fertilisers are added to poor and abused soils produces deficient crops. Meat, fish, fowl, eggs and dairy produced in crowded conditions on unnatural

feeds provide foods that will make you even sicker than the poor animals producing them. The obvious solution is to buy or grow organic foods, wild foods, and foods produced as naturally as possible. Such foods have three to a hundred times more of most micronutrients.

Unpolluted water. Around the world, municipal tap water is now polluted. There are few places left where you can healthily (or even safely) drink and bathe in water straight from the tap. Two of the worst toxins are added deliberately – chlorine and fluorine. The chlorine is easy to remove, with a cheap carbon filter, or just leaving a bowl of water exposed to the air and sun for a few hours. The fluorides are hard to remove – only a water distiller or a reverse osmosis filter can get rid of them – other types of filters cannot. Many countries have banned water fluoridation, or now admit that adding fluorides to water was a mistake, and no longer add them. They include Austria, Belgium, China, Czech Republic, Denmark, Finland, France, Germany, Hungary, India, Israel, Japan, Luxembourg, Netherlands, Northern Ireland, Norway, Scotland, Sweden and Switzerland.

Warm water. Drinking warm water is a health and longevity secret, see page 114.

Snacks. Find yourself wanting to snack during the day? First, have a bigger breakfast, especially if you are hungry by mid-morning. A decent breakfast is the foundation for energy and vitality all day. Next, have a glass of warm water. Yes, it's a big change in habit, but soon you'll love it. Finally, always have healthy foods available to snack on. Toss out the energy bars, muesli bars, dried fruit bars and other sugary processed foods. Always have ... fruit (apples, oranges, bananas, whatever's in season), vegetables (fresh and crunchy), olives and nuts (especially walnuts, but whichever you like). Fruit is a good thing to snack on between meals, because it doesn't digest particularly well when combined with other foods.

Good bacteria. A few years ago in Bali, Indonesia, I happened to be waiting on a footpath to meet a friend. Right next to me, a street vendor was selling food. She had a little toddler, and gave him a corn cob she had just

roasted. The little boy licked it and nibbled it a bit, then dropped it on the busy footpath. A street-dog came up and licked it before the mother shooed the dog away. Eventually she realised her boy was not going to eat the corn cob, so she brushed it off with her hand, and put it back with the others to sell. To me, this boy looked healthy and active. Sure, in his circumstances he may have been exposed to a parasitic infection or more dangerous bacteria. But one thing he did have was a healthy immune system – developed through exposure to a wide range of bacteria.

The human body needs lots of bacteria. There's plenty of research to show that without good bacteria, you'll get sick or even die. This book has many recipes which give you live, good bacteria. These microorganisms also preserve the foods and drinks for months or years, often improving the flavours as time goes by. Fermented foods and drinks are quite literally alive with flavour and nutrition. Microorganisms are needed to make sublime wines, fine cheeses, beer, yogurt, rich earthy miso, tangy sauerkraut, soy sauce and vinegar.

Soaked. All grains, beans and nuts contain natural preservatives called phytates, which make them indigestible, and often cause gas. When you soak them in water for at least seven hours, but preferably longer, the phytates break down and the beans/grains/nuts become easily digestible. You can get quite sick from eating unsoaked grain, beans, flour, bread etc over a long period.

Breads – Only sourdough or Essene. The soaking described above also applies to making bread. For thousands of years, bread was always made by soaking the pulverised grains and letting natural yeasts in the air do their work on them. This took many hours, sometimes a day or two. The grains became easily digestible, and produced nourishing and delicious sourdough bread.

Modern breads are made from finely milled flour, to which a single species of laboratory-bred yeast is added. The bread rises and gets baked in a couple of hours – not enough time to break down the phytates. The result is that many people think they cannot eat wheat and other

grains. However, when they eat properly-made sourdough bread, they find it nourishing.

Marinated. Many of the recipes in this book ask you to marinate ingredients. Yes, it does get spices and flavours to permeate. But it does more important things. Marinating is a little like cooking – it breaks down proteins and other parts of the foods. However, unlike cooking marinating does not destroy enzymes, but instead releases more life-giving enzymes. You usually marinate with an acidic liquid – vinegar, lemon juice, or best of all, home-made whey (page 131). You can marinate vegetables for half to two hours, and meat, fish or bird for two to twelve hours, depending on the recipe.

The low-fat lie. When you watch TV or walk around a supermarket, you can see how the food industry wants you to believe that low-fat is good. Actually, it's bad. Mother nature produces food in the form that we need it; our bodies have evolved to use fat in its natural quantities. There is plenty of research, which the food industry does everything it can to discredit, which shows that we need quite a lot of fat in our diets. Without fat you can't digest properly and don't have sustained energy, and you are more, yes MORE likely to become obese.

We need some saturated fats, and should avoid polyunsaturated fats – just the opposite to all the adverts. My book *Grow Youthful* discusses the research in more detail. Rest assured, if you closely follow the fats recommended in my recipes you'll be happier and healthier.

The soy lie. When you watch TV or read magazines, you are led to believe that soy products are healthy. However, no animals and few humans ever used to eat soy products. Soy beans are rock-hard and full of phytates and other toxins (see page 50). Tofu, soy milk, soy lecithin, TVP or other white-coloured soy products make you sick. They are especially bad for children. The only safe soy products are those that are fermented (miso, tempeh, natto, soy sauce, tamari). *Grow Youthful* discusses the research in detail.

The milk lie. Raw milk, that is milk as it comes out of a happy and healthy animal, is a

good food. However in most of the developed world it is illegal to sell raw milk. Instead, you have to buy pasteurised milk. Pasteurised milk has been heated until all the enzymes in the milk are destroyed, and also most of the bacteria. When milk comes from happy healthy cows eating grass in the fields, there is no need to worry about bacteria. However, when the milk comes from big industrial dairies with animals crammed into feedlots and being fed on unnatural foods, their milk goes sick. Infections can take hold. So these factory dairies pasteurise the milk, and also homogenise it, remove natural fats and add calcium and other chemicals. Stay away from this kind of milk – it is not a food, and will make you and your family sick.

OK, so most of us can't get raw milk. If you have to buy pasteurised milk, at least buy full-fat milk that is unhomogenised. I strongly recommend that you kefir (page 129) your milk, especially pasteurised milk. Try to only use dairy products that have been fermented – bacteria and yeasts help make pasteurised milk products more digestible. Cheeses, unsweetened live yogurt, unpasteurised whey, and best of all kefir and whey that you make yourself are healthier.

Natural salt. The white free-flowing table salt that you buy in supermarkets bears no resemblance to sea salt, or the mineral salts that naturally occur in saltpans or in the soil. Processed salt has had the magnesium and other valuable elements removed. The factories then add an anti-caking agent such as aluminium silicate or sodium prussiate, bleaches and even white sugar. Processed salt is an addictive and highly toxic chemical. Don't use it.

However, natural salts such as unrefined Celtic salt are health-giving, and I thoroughly recommend using as much as tastes good. Unrefined salts contain a treasure trove of minerals, and they are the cheapest, easiest, most delicious and most natural way of getting the wide range of minerals that your body needs.

Eat Slowly. Slow down, it's really important. Fast eaters overeat, and they don't digest their

food properly. If you eat fast, you are more likely to be overweight, sickly, and aging fast.

Kitchen Audit. Are you serious about reclaiming a healthy youthful body? Take an hour to go through your kitchen, refrigerator and pantry. Toss out the following; put them in the garbage where they belong:

Sugar (unless you are using it to make kombucha), anything made with sugar or with added sugar; artificial sweeteners; anything made with chemicals; bottled fruit juices, cans of soft drink/soda; pasteurised milk (unless you are using it to make kefir), factory-made biscuits/cookies/bars/crackers/breads/cakes/potato and other crisps; sauces with added MSG, sugar, colour or flavour enhancers; white refined salt; sweets, lollies, candy; factory-made ice cream, puddings and deserts; factory-made frozen foods, boxes and packets (except frozen fruit and vegetables); low-fat foods; calcium-added foods; foods with additives to colour, enhance, stabilise, preserve and sweeten.

Exercise and your attitude to life. No matter how well you eat, you won't be young, healthy and youthful unless you exercise. Try to get a daily half hour walk, some heavier weights and some form of stretching a couple of times a week, and something to exert yourself and get your pulse and breathing up a couple of times a week. As your body slims and strengthens, what seems like a chore to start with becomes sheer pleasure.

Your mind has the greatest effect in speeding or slowing your aging. I have a lot to say about it in my book *Grow Youthful*. Ideally you are happy, relaxed, connected with others, and leading a fulfilling and organised life.

Vegetarian? Vegan? Everybody is different. People have different body types, different digestive systems, and grew up with different foods. Many people have allergies (although they will start to heal when they change to living foods). Pay attention to how you feel in the hours after eating a food, and also the next day. Listen to what your body says as you smell and slowly start to eat or drink something.

Is it better to eat meat and animal products; only white meats (fish and chicken); vegetarian

(plants, dairy, eggs); or vegan (no animal-produced foods) for health and longevity?

The biggest problem today is the appalling quality of mass-produced animal products. Most chickens spend their miserable lives in an area smaller than this open book, so crowded that they cannot stretch a wing. In feedlots, pigs and cows are held in steel and concrete bays that are so small that the animal cannot turn around or even take a single step. Even fish farms, which produce most of the fish sold in supermarkets today, feed the fish on unnatural diets, and hold the fish in confined pens, often in filthy water. All these animals succumb to diseases and enormous stress. They need antibiotics in their food just to stay alive.

When you look at these animals, they are miserable specimens compared to those in the wild. Their feathers, fins, bone structure, meat, eggs, milk, digestive systems, immune systems and organs look poorly. They are deficient in omega-3 fats, riddled with stress and growth hormones, and usually contain antibiotics. They do not make healthy foods.

I eat much less animal-produced food today than I did a decade or two ago. I eat very little meat, but appreciate grass-fed, free-ranging red meat occasionally. I only eat eggs or chicken produced by birds that are free to roam in a garden or field and eat their natural diets. I only drink raw milk, or eat cultured dairy products. I avoid farmed fish and seafood.

Many of the healthiest, youngest-looking people I know are vegetarians. However, I have also met many vegans who look gaunt and sick. Don't go cold-turkey and suddenly convert to being a vegan. If you decide to eat less animal products, make any changes gently. More importantly, concentrate on getting high quality animal foods, and avoiding the mass-produced products.

Skins. Try to eat the skins of vegetables, rather than peeling them off. Research has shown that many nutrients are concentrated in the skins of vegetables. If you do peel a vegetable, keep the skins and use them to make stock.

Foods to avoid

Healthy cooking is easy. It's just that many people have never been shown how. In fact, the entire food industry doesn't want you to know how! It's much more profitable to sell you takeaways, ready-to-eat meals, ready-made packets and sauces and boxes of prepared processed foods.

The problem is that these processed foods make you sick and shorten your life. Most of them are not even foods – they are chemicals and ingredients that have been processed in a factory that looks more like an oil refinery than a kitchen. They also come from chemical-laden fields and cruel, crowded feedlots where animals are fed foods that they don't eat in the wild.

Processed foods include fast foods, packets, cans and jars of ready-to-eat convenience food, precooked frozen dinners and packaged snacks. They are usually manufactured at high temperature and pressure, and are often irradiated. Processed foods are dead – containing no enzymes – which make them hard to digest. They include ingredients not found in nature, such as refined sugar, white flour, pasteurised milk, refined salt, and vegetable oils.

Firstly, avoid oils made from seeds/grains and legumes. These oils do not exist in nature. They are cheap and are widely used in all processed foods. My book *Grow Youthful* explains why these polyunsaturated oils such as canola, corn, cotton seed, flax, grape seed, mustard seed, peanut, rice, safflower, sesame, soy and sunflower are so harmful. Extended consumption of these oils will make you sick and old.

The processed food industry uses over 5,000 synthetic chemicals as preservatives, stabilisers, flavour enhancers, colours or emulsifiers. Your body correctly recognises most of them as toxic foreign agents that it tries to eliminate, putting great strain on your digestion and various organs. After years of daily exposure to such “foods”, your exhausted immune system leaves you vulnerable to attack by microbes, toxins, and

cancerous cells.

Processed foods are addictive, and are the main reason for the epidemic of obesity in the Western world. They cause you to overeat. Changing from addictive foods to real foods is not always easy. Processed foods and drinks contain refined sugars (particularly fructose), refined salt, caffeine, MSG and other hard-to-give-up ingredients. Millions of people are addicted to brand name foods and drinks, and they don't even know it. Giving them up is a bit like giving up smoking – it's hard.

Processed foods contain laboratory-made flavours that zap your taste buds with the sweetest, strongest “taste experience” possible. When you start to eat real, living foods, at first you'll miss the sugar and energy boost that the factory-foods used to give you. But you will quickly realize that living foods have a greater depth of flavour, and feel nourishing and more easily digestible.

Kids love the bright colours, exciting packaging and carefully crafted and marketed images that come with processed foods. They will loudly protest their replacement with a nourishing home-prepared meal. Often children are genuinely addicted to the factory foods.

Packaged and take-away foods are convenient, and appear to be cheap – so it seems. Compare half an hour or more making a nourishing meal with a few minutes getting a packet or box ready. But then consider what its worth to have high energy all day, seldom or never get ill, to be slim, and to age slowly. Fast and processed foods appear to be cheap, but that is an illusion. In the long-term, processed food is extraordinarily expensive in every way.

It's just a question of habit. Develop a routine with time for both preparing and eating your meals. You'll love your food. Your addictions will go; you'll no longer want to overeat. You'll feel so well and have energy all day. You'll gradually realise that your aging is slowing. It's worth it, over and over!

Super foods are nutrient–dense

Introduction

Super foods are the richest, most dense natural sources of nutrients. Unlike factory–made supplements, super foods come with a wide range of co–factors that support each other. If you need a particular nutrient, when you get it from a super food you’ll need a smaller quantity, and the effects will be more potent and longer lasting. This is why I do not recommend buying pills and other supplements (have you noticed that supplements are a major, multi–billion dollar, and heavily advertised industry?)

With foods around the world becoming less nutritious through soil depletion, the use of sugar, rancid oils, refining and additives, you should use super foods every day.

The following is just a short list of super foods. It does not include many herbs and foods for specific ailments that are best taken on the advice of an expert. These foods can be tried by everyone, and continued if they feel nourishing and are producing positive effects on your body.

Aloe Vera Juice

Aloe vera juice is an important source of glyconutrients, which are necessary for good health and energy. Regular users claim that it slows their aging. It has anti–bacterial and anti–fungal properties. It is soothing, moisturising and healing for your skin, and is good for sunburn (it is not a sunscreen however). Aloe vera gel helps with many digestive conditions, including heartburn and colitis. It also assists people with diabetes.

There are many species of aloe vera. The most potent and commonly used for juicing and medicines is *aloe vera barbadensis miller*. The centre of the leaf contains a clear, slimy gel. This is the valuable part. The green–grey skin of the leaf contains aloin, a natural cathartic. I always

remove this skin to avoid the laxative effect of the aloin, and because it tastes bitter.

Aloe vera is quite easy to grow in a pot, needing little water and a sunny spot. I often have a leaf with my morning juice. I use a vegetable peeler to remove the green skin, and then put the sticky slimy centre into my juicer. You don’t need very much – just a tablespoon per day, although some people have 2–3 times this amount.

Apple Cider Vinegar (ACV)

This traditional drink is an effective treatment for allergies, candida, arthritis, gout, acid reflux (heartburn), chronic fatigue, atherosclerosis, and infections such as sore throats, sinus, ‘flu and acne. ACV is THE cure for excruciating joint and muscle pain, fatigue and chronic upper respiratory infections. It relieves insect bites and some skin allergies, and curbs excessive appetite. It improves your skin and hair, is a powerful detoxifier and is the basis for several fountain of youth elixirs. ACV assists your digestion, and has anti–fungal, anti–bacterial, and anti–viral properties.

ACV is effective at stopping many allergies, like those from pollen, dust, dander and food. Take it as a daily tonic, or at the first sign of an allergy such as a sinus headache, stuffy nose or itchy watery eyes. ACV can stop an allergic reaction within hours or days, depending upon how advanced it is.

You can also use ACV as a skin rinse. It will make your skin look younger, and helps those with eczema or psoriasis. Use two tablespoons of ACV in a glass of water or a cup of ACV in your bath.

Only buy organic, unpasteurised ACV that has not been filtered (it should not be clear). It is

a living vinegar from the juice of fermented apples.

ACV contains acetic acid, malic acid, more than a dozen different carboxylic acids, various other organic acids, enzymes, vitamins, minerals and apple pectin. It has an alkaline effect on your body, even though it is acid in your mouth.

Dosage. Mix two tablespoons of ACV in a cup of water. You can drink up to three cups per day. Some people like to sip this mixture throughout the day, others drink a cup at once.

You may be concerned about the effect of the ACV's acidity on your teeth. Ongoing acidity in the mouth can cause dentin sensitivity and erosion of the tooth enamel. The solution is to add baking soda (sodium bicarbonate) to the mix, approximately $\frac{1}{4}$ of a teaspoon per two tablespoons of ACV, depending on the brand. The result should have a pH of between 6 and 7, according to your taste. Do not worry that the baking soda would make the ACV less effective, because the sodium bicarbonate stored in your body would do exactly the same thing soon after you drink it.

Bee pollen

Bee pollen is flower pollen collected by honeybees from a variety of plants, and is the bee's main food. It is a concentrated source of nutrients, rich in vitamins, minerals, and over 5000 enzymes and coenzymes. Bee pollen stimulates your immune system. Elite athletes take it regularly for strength and endurance. Research has shown it to be an effective treatment for prostate enlargement and prostatitis; food allergies, and in stimulating the immune system in cancer treatment. A Russian study in Georgia found that many centenarians were beekeepers who often ate raw honey straight out of their hives, with all the impurities including the pollen. In another study, the control rats that were exposed to industrial solvents suffered significant liver damage, but there was little effect in those that

were fed bee pollen.

You can buy bee pollen from local beekeepers or health food stores. Make sure it has not been heated. Start with a tiny dose, as many people are allergic to it when exposed to the enzymes for the first time. Slowly build up to a quarter teaspoon a couple of times a day.

Berries

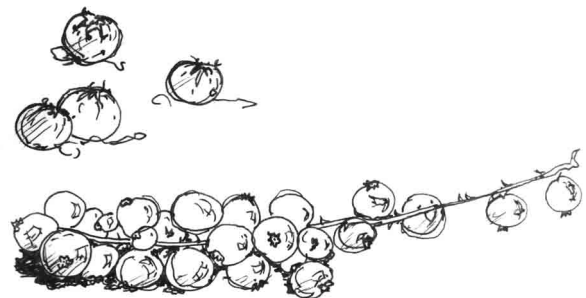
Black, purple, red and blue coloured berries, such as black grapes, blackcurrants, blueberries, raspberries, mulberries, blackberries, redcurrants and cranberries are rich in antioxidants and anti-inflammatory agents. Look for black grapes with seeds – the seeds are highly nutritious. Blackcurrants, redcurrants, gooseberries, cranberries, loganberries, and raspberries are a rich source of glyconutrients.

Glyconutrients are eight essential sugars needed in small quantities for excellent health, energy, longevity and self-healing. Some are found in tree-ripened or vine-ripened fruits, others in aloe vera plants, seaweeds, egg yolks, raw honey, kefir and fresh coconuts. They tend to break down when stored for long periods.

Berries are such a valuable food that I recommend going out of your way to look for them, and to eat them regularly. Berries are often available in the frozen food section of a supermarket.

Eating too many berries can cause diarrhoea.

Farmed berries tend to be heavily sprayed, so wash them with a dash of detergent and then rinse them thoroughly.



Bitters

Bitters are great for your digestion and calming your stomach. These extracts of bitter, mineral-rich herbs are a traditional tonic for stimulating bile and improving the digestion of fats. Swedish bitters has been renowned for centuries. Most cultures, particularly the Chinese and Indians, value bitter herbs for their digestive, cleansing, healing and strengthening properties.

Blue–green algae

Blue–green algae are a rich food, more than half of which is protein. Grown on lakes and ponds throughout the world, they have been used for centuries. They contain chlorophyll and a wide range of micronutrients, especially GLA (an Omega-6), vitamin B complex, minerals and beta-carotene. Algae foods can enhance the immune system, detoxify (especially heavy metals) and heal skin problems and arthritis. Spirulina, Chlorella and Klamath are the names given to algae from different sources. For many years, chlorella has been cultivated in third world countries as a cheap and nutritious form of protein. Warning –some species of blue–green algae are toxic, so don't harvest them without expert advice.

You can buy them as a green powder that you mix with water or juice. They should be freeze-dried, and come from a good organic source.

Bone stock

Bone stocks add immeasurably to the flavour of foods, and are the secret ingredient in fine restaurants around the world, especially in Europe. Stocks made by simmering bones and carcasses for 6–24 hours are a highly nutritious essential in every traditional cuisine, and their value has been proved over thousands of years. The nutrients in the carcasses of animals, fish

and birds are often missing in the modern fast-food diet. Stocks contain minerals from bone, cartilage, marrow and vegetables in easily digestible electrolyte form. A little wine or vinegar added at the start helps draw the minerals into the broth.

Our ancestors used meat on the bone, and valued fish and chicken carcasses, fish heads, and chicken feet. A healing bowl of chicken soup is rich in gelatine, and traditionally used to enhance the immune system. Fish head stock includes the fish thyroid glands, helping to remedy thyroid deficiencies from which nearly half Western adults suffer (symptoms: low energy, frequent colds and 'flu, inability to concentrate, weight gain). Gelatine is an important component in digestion, attracting digestive juices to cooked food particles and helping to digest proteins effectively. French cuisine relies on stocks that just happen to be rich in a range of minerals, gelatine, iodine and glyconutrients.

Butter

Deep yellow butter made from the milk of cows roaming on green grass is rich in vitamins A, D and other micronutrients. If you can get hold of this kind of butter at any time, buy it and freeze it, as the fat-soluble vitamins are not harmed by freezing.

If you only have access to supermarket butter, buy the unsalted version.

When cooking with butter try to keep the temperature as low as possible. You can use ghee (clarified butter) to cook at higher temperatures.

Try to use a small quantity of butter or other saturated fat every day. A minimal level is essential for the proper functioning of your brain, heart, hormone production, membranes, nervous and immune and many other body systems.

Remember that all animal fats are highly nutritious. Treasure the fat that appears when

you make your stocks. Grow Youthful explains how saturated fat and cholesterol are essential for good health and long life, and references many scientific studies that confirm this.

Coconut oil

Coconuts are nature's best source of lauric acid, which protects you from yeasts, viruses, parasites and other pathogens. It is one of the few oils that can withstand high cooking temperatures. Coconut oil is high in saturated fat, is great for your skin, and enhances the immune system. It should be organic, raw and unprocessed. A good quality coconut oil should be slightly off-white in colour and have an enticing coconut cookie smell. Poor quality coconut oil does not have that delicious smell, but instead has a slightly rancid smell and may be a browner colour.

Herbs

You can grow a variety of herbs in a few small pots on a balcony. The flavour and nutrients that a small handful of herbs can add to a salad or cooked dish is amazing. Try growing basil, chives, cilantro (coriander), chervil, dill, marjoram, mint, sage, sorrel, tarragon or thyme. Sometimes it's not important which herbs you use – a pinch of any fresh herb thrown into a salad makes it special.

Add fresh herbs at the end of cooking – there is still plenty of heat for the flavours to intermingle. If you add herbs like parsley, dill or basil at the start of cooking, their flavours tend to be lost.

Kefir

Kefir is a cultured milk drink with a thick creamy sticky consistency. It tastes a bit like

yogurt, and has a milky, yeasty smell. Unlike yogurt, kefir contains around thirty strains of good bacteria and yeast, including *Lactobacillus* bacteria.

You make kefir with milk, and what are called **kefir grains**. The grains look like small cauliflower florets, though when you wash them with water you can see that they are translucent.

The biggest kefir grains are the size of a golf ball. They can take from days to months to double in size, depending on the temperature, fat (cream) level, and the frequency that you stir or agitate it. The grains are also highly nutritious, though they are a bit rubbery and have little flavour.

Kefir grains are remarkably tough. They stay alive when kept in a refrigerator, though freezing will destroy them. If you want to consume kefir every day, keep the brew at room temperature. If you put the brew in your refrigerator, it will slow the brewing process or even hibernate. Keep it in a sealed container.

Kefir is unlike other dairy products, because it is easily digestible and contains little sugar (lactose), especially if you let it ferment for a longer period. The proteins (casein) in the milk are also broken down, and are virtually in a pre-digested state. *You can partially restore the damage done to milk when it is pasteurised by turning it into kefir.*

Kefir is a good source of protein. You can drink it on its own, as a meal in itself. It combines well with fruit or muesli, or use it to make a smoothie. It makes a good starter for sourdough breads, cakes, and all forms of baking. If, like most people, you have a damaged digestive system, a glass of kefir is a soothing and healing product. You may find that during the hours after drinking it, your stomach feels settled and stable.

Kefir slows the ageing process. It is an anti-inflammatory and is an excellent stimulant for your immune system. The grains produce their own antibiotics. It is rich in minerals and vitamins, particularly the B group and vitamin K2. It has many healing properties.

You make Kefir by placing 1–2 tablespoons of kefir grains in 1 cup of milk, and leaving it to ferment for 12–48 hours at a temperature of 18–30C (64–86F) (longer at lower temperatures).

You can use pasteurised, raw milk, full cream or low fat milk. Traditionally it is made with raw un-homogenised milk, and that is what makes the best kefir and is by far the most nutritious and digestible.

After fermentation, remove the kefir grains from the liquid and use them to start your next brew.

Leave kefir for a day or two, and it will separate (clabber) into curds and whey. Carefully pour the mixture into a clean cloth in a colander to separate the liquid **whey**, leaving the young white cottage cheese or quark in the cloth.

Kefir whey is a highly nutritious liquid. Take a tablespoon or more each day to improve your digestion, and for health and longevity. It is also the best starter for many probiotic cultures, and for sourdough.

Try not to expose kefir to metal, especially metals other than stainless steel. I use a plastic sieve and glass containers.

If you don't want to make kefir for a month or two, cover the grains with milk or kefir in a sealed container, and store it in the fridge. When you get back the brew might be a bit cheesy and quite strong, but it should be nourishing and the grains will resurrect when they are again in milk at room temperature.

Where to get kefir grains. Search for a source on the internet, or check

www.growyouthful.com

Do NOT buy kefir powder or dried grains, they are not the real thing.

Mushrooms

Mushrooms are a good food for health and longevity, especially the Japanese and wild mushrooms such as shiitake, maitake, ganoderma, oyster, enokidake and reishi. They

are highly nutritious, containing proteins, antioxidants and a range of other healing nutrients. They improve your immune function, protect against tumours, have strong anti-allergy and anti-inflammatory effects, and are good for your liver.

The common white button mushroom is the least nutritious of the mushrooms, but is still a good source of antioxidants.



The Reishi mushroom is renowned for enhancing longevity, and is an important part of traditional medicine in China and Japan. It is hard, bitter and not suitable for cooking. However, several of the other mushrooms mentioned above are delicious.

Mushrooms should not be eaten raw (page 67).

Seaweeds

Seaweeds are a great source of minerals, having traces of virtually all essential elements, especially iodine, magnesium, calcium, iron, sodium, potassium and phosphorus. They also contain vitamin B12. Seaweed is available as agar, arame, dulse, hiziki, kelp, kombu, nori, wakame and many other forms.

Most sea vegetables have a strong taste, so just start with a little. Agar has very little flavour, kombu is quite subtle, but the others get stronger. They are such a dense source of nutrients that you don't need large quantities.

Some species such as kelp contain long chain complex sugars that are difficult to digest without an hour or more of cooking. On the other hand wakame only needs a few minutes of soaking to make it ready to use.

Different types of seaweeds are listed in the Glossary.

Seaweeds are useful for the removal of heavy metals or radioactive elements from your body.

A piece of kombu cooked with legumes adds to the flavour, softens the beans, and makes them more digestible. Seaweeds contain natural beneficial glutamates, in contrast to toxic monosodium glutamate (MSG) that is added to most processed food.

Sardines

Sardines are a small, strongly flavoured, oily fish. Buy them fresh if you can, otherwise canned. Yes, canned sardines are one of the few tinned foods that I recommend. They are rich in omega-3 oils, and for some unknown reason the canning process does not destroy them. They are also an excellent source of calcium, protein and many other nutrients. Try to eat one or two cans per week.

The best-tasting canned sardines I have had are the Portuguese sardines. They usually catch them quite small, and they don't cook them too heavily, so they have a good flavour and being young fish, they are unlikely to accumulate pollution from the ocean. Unfortunately the Portuguese usually pack them in soy oil, which is toxic. I pour off the soy oil and dry them on a paper towel.

Look for sardines canned in olive oil or water.

Wild (not farmed) salmon is an alternative to sardines, though not as rich in omega-3s.

Vegetable and fruit juices

Vegetable and fruit juices are an excellent and concentrated form of nutrition provided they are freshly made from ripe organic produce, using a hand operated or low-speed electric juicer. They are easy to digest.

Fruit and carrot juices are full of sugar. Try to

limit the amount of fruit or carrot juice you drink to a glass per day, especially if you are overweight or suffer from hunger pangs or varying energy levels. Vegetable juices are not as high in sugar and are a better option.

Please avoid ready-made supermarket juices. Most are spoiled with heat, concentrates, additional sugars, colouring and preservatives. They are loaded with sugar and are not healthy.

Vegetable and fruit juice recipes start on page 101.

Wheat grass juice

See page 102.

Whey

There are two ways to make whey. One is when raw dairy milk naturally coagulates, and separates into curds and whey. You can make pasteurised milk coagulate using kefir, yogurt or rennet. I explain how to make whey using kefir on page 129.

You can make another kind of whey, also full of good lactic acid bacteria, using wheat sprouts. See page 108 for the recipe.

Dehydrating

Dehydration is a good way to store and preserve food without much damage. It is ideal for hiking and other situations where the weight and volume of the food matters.

Dehydration also creates new textures and concentrates the flavours in the food. It is a good way to make snacks.

Some people do not do well on dried and dehydrated foods – usually older people with poor digestion, but you have to determine this for yourself. Dried fruit can contain a lot of sugar, so if you suffer from diabetes, fluctuating energy levels, or “restless legs”, it is best to avoid them.

There are a couple of ways that you can dehydrate food. The traditional way is to leave it in a dry place, or in the sun. In some climates just leave the food on a window sill. The sun can heat a black receptor under a sheet of glass to boiling point, so be aware that it can easily cook rather than dehydrate the food.

You can make a dehydrator with a 250 watt sun lamp (the kind used for sun tanning). Place it about 45 cm (18”) above the food. You can put the food on a tray, or on a rack so there is air circulation underneath.

Some ovens can work at a low enough temperature to dehydrate food. I have an electric oven with a temperature scale that goes down to about 25C/77F. I say about, because it is not calibrated at that level. However, I switch on the fan, and adjust the temperature to a level that feels comfortably warm when I touch the inside of the oven. If it feels quite comfortable to touch the oven shelf, then it will not destroy the food enzymes.

Thirdly, you can buy a dehydrator – an electrically heated, warm air blower. Ensure that it has at least one heat setting a couple of degrees below 48C/118F, the temperature at which most enzymes are destroyed. Most of these dehydrators consist of a stack of circular trays through which the warm air is blown.

With your dehydrator you can make:

Dried fruits and vegetables. A great way to preserve produce for storage. Also concentrates the flavour and sometimes brings out the sweetness. Usually dried fruits and vegetables are better after having been rehydrated by soaking them in water.

Nuts, crackers, cookies. There are several recipes in this book. Leftover seed sauces, pates and nut, grain and sprouted grain pulps can make delicious crackers when they are dehydrated. Pour the sauce onto some baking paper and dehydrate long enough to let you peel it off the paper and put on a rack to finish. They are ready to eat, and will normally keep for several weeks.

Essene bread. The sweetest, most nutritious living bread (page 55).

Glossary

Adjust – to taste, and add more salt or seasoning if needed.

Agar (Kanten) is a nutrient rich gelling agent made from seaweed. It has very little flavour, unlike most other seaweeds. It comes in powders, flakes and bars, and has no calories. It will set at room temperature, and can be re-heated and will set again. You need about 1 teaspoon of fine powder or 1 tablespoon of scissor-cut flakes per cup of liquid to make a jelly. Increase it by half to make a really thick jelly that you can cut into shapes. Agar does not set well in vinegar or acidic juices like lemon or spinach juice. To dissolve agar boil it gently and stir frequently, it takes about 5–10 minutes for powder, or 10–15 minutes for flakes.

Arame. A thin, wiry, black seaweed. It has a semi-sweet sea vegetable flavour and firm texture. Great for your skin, especially wrinkles. Soak it for 20 minutes, chop and add to stirfrys and soups.

Arrowroot. An excellent gluten-free, alkaline-ash thickener. Mix it in cold water, before you heat it in the soup, sauce etc that you want to thicken. It sets clear, and gives foods a glazed finish. It is also used in home-made ice cream to prevent ice crystals forming. Can be used as a substitute for kuzu.

Balsamic vinegar. An aromatic aged vinegar traditionally made in Italy from the concentrated juice of white grapes (typically of the Trebbiano variety). It is dark brown with a rich, sweet, complex flavour. Real Balsamic vinegar is aged for at least 12 years in a wooden cask. The most expensive are aged for up to 100 years. Unfortunately most Balsamic vinegar sold in supermarkets is made with red wine vinegar and spoiled with caramel and sugar.

Blanch – to dip a vegetable in boiling water for a few seconds. Usually rinse in cold water afterward. Used to remove skins (almonds, tomatoes), cook lightly, or turn a green colour (broccoli).

Bulgur flour. Flour made from sprouted grains, usually wheat. Traditional bulgur wheat flour is used in Middle Eastern cooking.

Cilantro also known as coriander

Collard also known as silverbeet.

Cooking Temperature. See fan-forced cooking.

Coriander also known as cilantro.

Cup. The cup measure used in this book is 250 ml, or 0.53 pints.

Dice – to cut into similar sized cubes, about 1 cm (1/3 – 1/2”).

Dulse. A versatile red-purple coloured seaweed, high in iron and B vitamins. Often ground into a powder and used as a salt substitute. You can eat it as is with a dip or salsa, or blend it into soups.

Endive also known as escarole.

Escarole also known as endive.

Fan-forced cooking. If you are using the fan-forced setting in your oven rather than the conventional heating elements, set it to a temperature 20C/35F lower than the recipe indicates.

Fold – to gently stir together. You fold ingredients together when something is whipped or aerated, and you want to keep it that way. Another example is when you don't want to break up or smooth the ingredients.

Garnish – to add as a decoration on the top of the food, when serving.

Grate – to shred food into tiny particles, normally through the smallest hole of a hand grater. Smaller than shredded.

Hiziki (Hijiki). A Japanese seaweed normally consumed in small quantities. Needs to be soaked for two hours before use.

Julienne – to cut vegetables into matchstick pieces.

Kelp. A nourishing seaweed. Add dry pieces to soups and stews, or soak it for 20 minutes in water and add it to stirfrys. It expands up to five times when cooked, so a little goes a long way.

Kombu. A broad, thick, green seaweed that contains glutamic acid, which brings out the flavour in foods. Cook it for at least an hour in bean dishes to enrich the flavour and improve ease of digestion. Also add it to stocks, soups, stews and grain dishes. It will dissolve after an hour of cooking. Use a 10cm/4" strip for about 3 litres (3 quarts).

Kuzu (kudzu). A whitish pebbly or powdery root starch, widely used in Japan as a home medicine and thickener. It is used as a thickener in the same quantities as arrowroot or cornstarch, though Kuzu has superior healing properties, jelling ability, and does not have much taste. You can use kuzu to create creamy sauces with the texture of dairy products, fine flours and oils. Dissolve it in cold water before heating it with your recipe.

Marinade (marinate) – to soak in a salty, acidic or flavoured liquid for a period ranging from minutes to days.

Mash – to press into a pulp.

Mince – to cut into the smallest possible pieces.

Mirin. A slightly sweet Japanese cooking sherry made from rice.

Miso. A paste made from fermented soy beans. Soy beans, and sometimes other grains or beans are fermented in a wooden vat for several years to produce this digestible and nutritious ingredient. Different varieties of miso are dark or light, sweet or salty. They are used to flavour soups, raw and cooked dishes, and even desserts.

Nori. Pre-cooked sheets of seaweed, ready to eat. (Think of Japanese nori rolls.) They are easy to crumble or cut into strips and add to soups, salads, rice and vegetables.

Pignoli also known as pine nuts.

Pine nuts (Pignoli). Harvested from pine cones, popular in Mediterranean cuisines as a base for pesto sauces.

Puree – to produce a smooth paste with a blender or food processor.

Salad spinner – Dry your salads in 30 seconds. A plastic container with a crank handle on top which spins a sieve inside.

Season – to add flavour with salt, herbs, spices or other ingredients.

Seeded – means remove the seeds.

Shred – the thinnest possible piece of food that is at least 2 cm (1") long. Usually cut with a food processor or the large holes in a handheld grater.

Silverbeet also known as collard.

Simmer – to cook just below boiling point, with the occasional bubble breaking the surface.

Slice – to cut foods with a knife into quite thin pieces.

Sliver – to cut into very thin pieces.

Soy sauce. Traditional soy sauce is made by fermenting soy beans, roasted grains, water and salt over a 6–8 month period. It was invented in China, where it has been used as a condiment for 2,500 years. Cheap, processed soy sauce is now made in the space of two days. So buy the more expensive varieties that say “naturally brewed” on the label. Select a light, unsweetened variety rather than the thick sweetened type. I prefer to use tamari.

Steam. A method of cooking in which the ingredient is immersed in steam rather than water.

Stevia. A herb with an intensely sweet flavour. A pinch the size of a match head has the sweetening power of a spoon of sugar.

Tablespoon. USA, UK and New Zealand regard the tablespoon as 15ml (3 teaspoons or half a fluid oz), which is the measure I have used in this book. The Australian tablespoon is 20ml (4 teaspoons).

Tahini. Made from sesame seeds ground into butter. It should contain sesame seeds, and absolutely nothing else. It has a consistency a little thinner than peanut butter. Tahini is 45% high quality protein, and 55% oil. It is

alkaline-forming, rich in vitamin E and other nutrients, and will keep for months in the refrigerator. Buy raw rather than heated tahini.

Tamari. A variety of soy sauce made without wheat (most soy sauces are made from soy beans and wheat). It is darker and richer in flavour than most soy sauces.

Tamarind. A sour, acidic, tart pod fruit, often used in Indian and African cooking.

Teaspoon. 5ml or a sixth of a fluid oz.

Tempeh. A solid cake of fermented soy beans, often used in Indonesian cuisine.

Temperature. See Fan-forced cooking.

Tofu. A white bean curd made from soybeans. As it has not been fermented, it is high in enzyme inhibitors. Difficult to digest, and although high in protein, not a good food.

Umeboshi. You can buy Umeboshi paste, “plums” and vinegar in health food stores and Asian shops (especially Japanese). They have a tart sour flavour and healing, strengthening, alkalising effects. They are also used for digestion and stomach problems. Interestingly, they are not made from plums, but from green apricots. In a traditional process used for many generations, they are pickled in salt and red shiso leaves. For at least a year, they alternate between pickling and drying. Try to buy Umeboshi without additives, and feel free to use the paste and vinegar in many of your dishes, as it is so beneficial.

Wakame. A delicate seaweed that is ready to eat after a few minutes of soaking in water. It turns into a beautiful green leaf that you can chop and add to salads and stirfrys.

Zest. The coloured outer part of the skin on a citrus fruit. Use the fine side of a grater, and grate it off until you get to the white pith.

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